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OK! CONTENTS

ISSUE 977 APRIL 21 2015



his week we flew to New York to catch up with Coronation Street star Kym Marsh and her hunky fiancé Dan Hooper, who have recently celebrated their first anniversary together. The

smitten couple were looking forward to taking in all the famous sights but were even more excited to tell us about their plans for their wedding, which is due to take place next year. Kym was glowing with happiness but also revealed the reason she's having to cut down on her normally regimented exercise routine for health reasons.

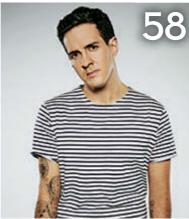
We also caught up with Kym Marsh's former Hear'Say bandmate Suzanne Shaw, who is expecting her first child with fiancé Sam Greenfield. And, following their wedding at Dunblane Cathedral, we bring you all the pictures and details from Andy Murray and Kim Sears' big day.

Plus we've also got interviews with Britain's Got Talent judges Amanda Holden, Simon Cowell and Alesha Dixon. They

were so good, we've put them all through to the next round!

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ON THE COVER THIS WEEK



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TAKING A BITE OUT OF THE BIG APPLE

'I'M GOING TO HAVE ABOUT TEN BRIDESMAIDS!'

KYM MARSH AND DAN HOOPER TELL OK!'S ANNABEL ZAMMIT ABOUT THEIR ROMANTIC TRIP TO NEW YORK, PLANS FOR THEIR UPCOMING NUPTIALS AND HOW THEY'RE AT PEACE WITH HAVING NO MORE KIDS

hey say a lot can happen in a year and that's certainly true for Kym Marsh and her fiancé Dan Hooper. The couple recently celebrated their first anniversary but have been happily living together for six months and are planning their wedding after Dan popped the question last December.

When OK! catches up with the couple over a glass of fizz following their mini-break to New York, they're excited about the prospect of moving into their first home together. 'I've wanted to move nearer to my family for a long time and so have the kids, I've been dying to get out of this house,' Kym, 38, tells OK! of the Manchester pad she bought with Jamie Lomas, her former husband and father of her four-year-old daughter Polly. Model and actor Dan, 32, adds: 'Once we've chosen a house we'll be a lot happier. It's a lovely home, but it's not ours.'

Wherever they move, a pink, girlie bedroom is on the cards for Polly and Dan's four-year-old daughter Lexi Grace, from his relationship with Stephanie Waring. 'The pair are inseparable, they call each other best friends and they're always playing dress-up – they love all things princess-related,' Dan tells OK!.

Kym – who is also mother to David, 19, and Emilie, 17 – has been busy filming the wedding scenes between her character Michelle Connor and Steve McDonald in Coronation Street. And, while she's enjoyed getting glammed up, her on-screen wedding dress is completely different to the one she's planning for her nuptials to Dan, which are due to take place next year. 'I chose a beautiful dress for Michelle, but it's the opposite of anything I'd ever wear and I did that on purpose!' she says.

Here, the couple chat exclusively to OK! about their trip to the Big Apple, their wedding plans and why Kym's had to reduce the amount of exercise she does for health reasons...

You recently celebrated your first anniversary – how have your lives changed in the past year?

Dan: I count my blessings because I've got a new family and I've made so many new friends – I'm really happy. I'm in a really good place and I feel very lucky.

Kym: The year has flown by and I feel like I've known Dan forever. Everything is easy with us. Things have just fallen into place. We're really



comfy with each other and I'm lucky to be with my best friend. I feel like I'm being looked after and taken care of, which is really nice. And, obviously, I've also now got another side of the family, who I adore. Dan's mum and dad are just divine people – they remind me of my parents. Dan: A lot of it's down to timing – we met at the right time in our lives. I think we were meant to cross paths when we did – it was meant to be.

And you went to New York – how was it?

Dan: It was my first visit to New York and I really loved it. I was like a kid in a sweetshop! **Kym:** We went for six days with our friends
Leslie and Phil, they used to be my neighbours and we've been friends for about 11 years. We stayed at the Sofitel New York. It was beautiful. We had a fantastic time.

What was the highlight of the trip?

Kym: We took a helicopter ride over the city, which was fantastic. We went to the top of the Empire State Building and took a horse and carriage ride in Central Park, too. We also visited Ground Zero, which we found quite haunting. Dan took a photograph of the new World Trade Center on his phone and then realised it was the 911th picture he'd taken... **Dan:** It was pretty spooky.

Kym, you're a nervous flyer – how were you travelling?

Dan's a nervous flyer too! It was a bit dodgy on the way back because we sat on the tarmac for two and a half hours. Apparently there was something wrong with the balance of the plane! Then they had to de-ice the wings and we were like: 'What the hell?!' I'm so nervous that it just made everything ten times worse!

Dan: Kym's probably worse than me, but ever since I've become a dad I've not been a great flyer. I used to love it so it's pretty strange. I'm just thinking in the back of my head that I don't want to leave Lexi.

Kym: As you get older, you start realising there's danger. It's like Dan said, there's more to lose when you have children.

Dan: I don't think we could get on a plane without having a bit of a helper.

Kym: No, I had to have a drink beforehand.

Dan, Kym thought her 'number was up' on a flight back from the Isle Of Man a few weeks ago — how did you feel when you found out?

I was actually driving back from Blackpool as Lexi and I had a little weekend away together. I was being blown all over the motorway at the same time as Kym was due to get on her flight. I knew it wasn't going to be nice but I didn't realise how bad it was actually going to be. Bless her, she got through it and luckily she had her dad with her to rip her nails into!

Who looked after Polly while you were in New York?

Kym: My brother looked after her a lot and my sister, mum and dad and David and Emilie also helped out.

Do David and Emilie like having the house to themselves when you're away?

Kym: They like it for a couple of days but then they're like: 'Okay, come home now!' They really miss me. When I got home I thought Emilie was going to eat me!

Did you do lots of shopping in NYC?

Dan: We didn't really shop for ourselves. Kym always gets gifts for the kids – she's very generous.

Kym: I'm terrible, I can't help it. We got David and Emilie hoodies and toys for Lexi and Polly. Usually when we get home Polly especially is like: 'Hi, Mummy! What have you bought me?'

Tell us about your wildest night in the Big Apple...

Kym: Brooke Vincent and her boyfriend Josh [McEachran] happened to be in New York







at the same time, so we met up with them. We were just meant to meet for a couple of drinks and it turned into a ridiculous night where we didn't get in until 4am! They don't measure alcohol out there – they just free pour and it's lethal! I love Brooke, she's going to be one of my bridesmaids.

Did you ask her in New York?

Yes and she was dead pleased, she's like a little sister to me. I adore her, she's just the sweetest girl. Dead nice with an absolute heart of gold. She'd do anything for you.

Who will be your other bridesmaids?

Emilie will definitely be one and I'm hoping that my sister Tracey will too, although she doesn't really like having her picture taken or like to be in the limelight. I think I'll have about ten bridesmaids as I've got so many close, loyal friends — I will dress them all in the same colour, though! Although I don't think I'm going to ask anyone else from *Corrie* to be my bridesmaid. I've also got some close male friends too, like Antony Cotton, who'll be involved.

How are your wedding plans coming along?

Kym: We haven't set a date yet, but it will be next year.

Dan: We want to get a house together and feel sorted and settled first. I think it was the right decision to put it back. I'd marry Kym tomorrow but we want it to be perfect so we need time to plan.

Kym: Our wedding will be beautiful. We've got several venues to look at but we're not going to have a big, grand wedding – no way! We want it to be low-key and then we'll have a big party in the evening. There will be a lot of people from *Corrie* there. I love them all but I'm obviously closer to some people, so people like Simon [Gregson] and Bev [Callard] and Antony will definitely be there for the ceremony.

Dan, you wear an engagement ring – why was that important to you?

I really liked the idea of it. Not many men do, but I like to be different. It's a personal thing,





I'm proud to be engaged to Kym and I want to show it off.

Kym, your character Michelle recently proposed to Steve — would you have ever proposed to Dan?

Probably. It's not something I would've ruled out. When I spoke to Dan about the storyline, he said to me: 'You never proposed to me!' He was laughing but I asked: 'Would you want me to have proposed to you?' and he said: 'No, because I'm only going to do it once so I wanted to do it.' Although if Dan hadn't asked me to marry him then I might have got down on one knee!

Dan: I would've been majorly shocked if Kym had. I would have said yes, but I wouldn't have given her the chance – I was always going to get in there first!

Kym, have you started looking at wedding dresses yet?

Not yet, although I've got Michelle's. I've chosen a beautiful dress but it's the opposite of anything I'd ever wear and I did that on purpose!

Would you consider having a joint hen and stag do? Kym: God no! Not a chance.

We'll both want a few days away with our mates. **Dan:** We'll definitely do it separately, but only a few days, I can't hack the hangovers any more! **Kym:** I'm nearly 40, so let's not even talk about that!

Kym, you're looking good. Have you had any work done?

No, but I'm thinking about it. I keep looking at my face thinking, shall I have some Botox? I'm a bit nervous about having anything done, but I've got a few weeks off now so I'm going to make some enquiries — I'm thinking about just a tiny amount in my forehead. Have you seen the faces I pull on *Corrie*? I frown all the time so I'd still need to be able to move it!

Dan: Kym looks great – she doesn't need it!

How's the house hunting going? There were reports you had to lower the price of your house, Kym...

Things are moving on a little bit more now. We've had an offer, the buyer's interested,

but they've got to sell their property first. We're hoping that in the next few months we'll be sorted. We just need to get out of this house now – we want something of our own.

Dan: Once we know that it's definitely gone through and we've actually chosen a house, we'll be a lot happier. It's a lovely home but it's not ours.

Kym: The house has been up for sale

since before I met Dan. I wanted to move nearer my family a long time ago and so did the kids – I've been dying to get out of this house.

Have you seen a house that you like?

Kym: No, I think we're going to rent for a while in the Warrington area. It was where I lived before I moved back to Manchester. It'll be nice to be nearer friends and family and a bit further out of town. It's such a nice area, really green with lovely villages.

Dan: You're in the countryside and you're only a 20-minute drive into Manchester. It's perfect, really. I'll be a little further from Lexi but it's no big deal — it will just be a case of setting off a bit earlier on the school run.

Kym, you said you haven't been going to the gym as much recently because of a medical problem...

My doctor banned me from exercising as they think I've torn a muscle in my abdomen. Doctors think it's a strain from over exercising. I've had it for weeks. I stopped working out for about four weeks but it's one of those things I need to do – I get grumpy and miserable if I don't work out. I feel awful so Dan's had to put up with my mood!





Do you do a lot of sit-ups and crunches then?

No, I don't really do a lot of ab work but I lift a lot of weights so it might be from that or from boxing. Nobody really knows, so I'll have to wait and see.

So are you training again now?

Yes, I went back to the gym a couple of times but the pain got worse so I had to stop again. I'm going to just go swimming now until after I've had the results of the MRI scan back that I had because of it. I hope it's nothing serious.

Dan: It's frustrating because you want it to be better straight away. I've had injuries in the past and you need time to recover. But I just try and keep things as calm as possible in the house and look after her.

Kym: Because I can't really tidy at the moment, any mess in the house really freaks me out. I'm like: 'I can't cope, it's really untidy!'

Dan: Yes, when Kym kicks off, she kicks off!

Kym: It's like The Exorcist!

Dan: Her head spins around and everything [laughs]!
Instantly when Kym trains she's got a smile on her face, so hopefully we'll get this issue sorted out and she can get back to her training schedule.

So you really notice a mood change when you exercise, Kym?

Yes, also it's about having some time for me, because I work

and then I come home and have the kids. Well I say the kids, it's only really Polly but she's a little live wire and, as any parent knows, it can be hard. Jamie's off his tour at the moment [he was touring the UK in the theatre production of *Dead Simple*] so she's spending a lot of time with him, which she loves. When he goes on tour again he won't be able to as often so they're spending a lot of time together now. It's the nature of the job and I know it's hard for Jamie too.

Talking about children, have you given any more thought to surrogacy or adoption?

Kym: To be honest I've made peace with the fact that I can't have any more kids, but Dan gets broody. We've got two four year olds between us and that's enough, really. It might not be something we ever do, but obviously there are those options if we did change our minds. But no, we're not desperate to have a child together.

How do you feel about that, Dan? You were keen last time we spoke...

I'm always broody, but it doesn't mean we're going to adopt a child next week. I feel the same. We have two four year olds in the house and we're running around sorting nursery pick-ups and everything else. We're in no rush at the minute. Especially while sorting out the new house and getting married next year. It's certainly not at the forefront of our minds.

Kym: I don't really get broody any more. I think I'm over it! Dan gets more broody than me but I have three kids! Plus, he's six years younger than me – he has a bit more energy than me!

Kym, you're unable to have any more children biologically due to an operation you had to remove the lining of your womb before you met Dan — do you have any regrets about having the procedure?

I think I still would've made that decision even if we'd been together because I was having a really bad time with heavy periods. I think Dan would've told me to do it as well. It was ruining my life – I was in agony. It was horrendous.

That does sounds like a nightmare...

Kym: It was, and it would've been traumatic for me to even consider carrying a child again. It was a no-brainer really. Although I had a happy outcome with Polly, I almost didn't several times and there would be no guarantees with another one. It could've been another situation similar to the last time [Kym's son with Jamie, Archie Jay Lomas, died moments after he was born, 18 weeks prematurely, in February 2009]. I was lucky with Polly and I might not have been so lucky the next time round. Having said that, I could still conceive now but I wouldn't be able to carry the child, as the egg wouldn't attach because I have no womb lining.



SKECHERS MEMORY FOAM





Emilie's about a year off the age you were when you had David. Is she maternal?

Oh no! She has a boyfriend called Jack but she would rather gouge her own eyes out than have children right now. She's very driven and knows what she wants. She likes her life and she likes her singing, so there are no worries about that with Emilie. She'll be a great mummy, but not yet. She's far too career-minded and I'm glad. I know I did it at 18 and my mum and sister did too, but it isn't something I would tell everyone to do because it's difficult. You have to grow up really quickly and you miss a lot. While I'm so grateful that I have David, it was hard. I wouldn't want Emilie to do it. She is so talented and has a lot of life ahead of her before she has kids.

You and Dan have been living together for six months – what are each other's bad habits?

Kym: [Laughs and turns to Dan] You're very windy! Also, when he's hungry he'll get tetchy and when he's tired he annoys me as he goes really moody and quiet. Dan can't talk for about an hour after he wakes up in the morning and it really winds me up!

Dan: I'm not a morning person!

Kym: I'm an every time of the day person!

[Dan raises his eyebrows]

Dan: I love living with Kym. We take turns cooking, we look after each other, we look after the kids – it's like any normal family. I'm really happy.

Who does more around the house?

Kym: I would like to do more but I can't as I'm never here! It's annoying because I want to, so Dan does a lot of tidying up. Dan works from home at the moment so if he's here, he'll do it.

Dan, what are you doing at the moment?

I'm still doing my modelling and acting auditions, but I've also become managing

director of Reviv Sports, which specialises in IV infusion treatments and energy booster shots.

Kym, you're a fan of tattoos. Have you got any with each other in mind?

No, but I love body art and if I wasn't an actress I'd have a full sleeve tattoo – they'd be right down my arm! Dan's got a tiny tattoo at the top of his shoulder – it's rubbish!

Dan: It's a Chinese symbol.

Would you have a tattoo with Kym in mind, Dan?

If Kym was a bit nicer to me then perhaps I would [both laugh]! I would have something with Lexi in mind, but I have to be careful really with modelling castings. The one on my shoulder is easy just to put a little bit of make-up on. When my modelling career comes to an end, I'll probably get tattoos all over the place!

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SINGLES CHAMPION NOW A DOUBLES WINNER

ANDY AND KIM'S 'SCOTTISH ROYAL WEDDING'!

TENNIS SUPERSTAR ANDY MURRAY MARRIES LONG-TERM GIRLFRIEND KIM SEARS IN HIS HOMETOWN OF DUNBLANE, SCOTLAND - WITH OVER 3,000 WELL-WISHERS CHEERING ON!



heir wedding day might have been blighted by April showers, sleet and snow, but that did nothing to wipe the huge smiles off the faces of newlyweds Andy Murray and Kim Sears. The pair, both 27. looked overjoyed as they left Dunblane Cathedral hand in hand after exchanging their vows in front of their close friends and family on Saturday. As the former Wimbledon champion led Kim out of the cathedral grounds, over 3,000 well-wishers applauded, cheered and showered them with rose petal confetti.

Bride Kim looked stunning in a silk chiffon embroidered dress with elbow-length sleeves, created by designer-to-the-stars Jenny Packham. She accessorised the dress with Jimmy Choo heels, a bejewelled headpiece and a 10ft white veil, and wore her brunette locks pinned back in loose curls.

According to insiders, the Sussex-born beauty also wore a crystal-encrusted garter embroidered with the couple's initials, the date and wedding venue. Very bling!

After previously admitting that he wasn't sure whether to wear a morning suit or kilt for his nuptials, Andy opted for the latter and looked resplendent in a green and blue kilt in the colours of the Murray of Elibank tartan, teamed with a sporran and a boutonniere of roses and thistles.

Proud mother of the groom, Judy, who starred in last year's series of *Strictly Come Dancing*, looked elegant in a white coat, gold dress and a £600 hat by Scottish milliner William Chambers. Hours earlier, the 55 year old tweeted about the disappointing weather forecast, writing: 'Hailstones. Marvellous,' followed later by: 'Snowing. White wedding.'

Judy arrived just before **>**















Andy's father William Murray, who split from Judy almost 20 years ago, and was there with his fiancée Sam Watson.

Kim's proud mum Leonore looked glamorous in an oversized light pink hat with a powder blue trimming and a navy dress, while her tennis coach father Nigel matched in a navy suit.

Despite speculation that Andy and Kim's A-list friends, TV funny man James Corden, the Beckhams and even the Duke and Duchess of Cambridge, might have been in attendance, the most well-known guest was fellow tennis ace Tim Henman, who was accompanied by his wife Lucy Heald.

The pack of photographers, reporters and supporters went wild as Andy arrived, stopping briefly to wave to the assembled crowds as a piper played in the cathedral grounds. Earlier on, the sporting hero updated his Twitter page with a string of emojis (below) symbolising his plans for the day, including lots of laughter, eating and drinking, which has since been retweeted over 13,000 times.

Andy headed into the cathedral with his tennis player brother Jamie, who was one of Andy's three best men, along with retired tennis player Ross Hutchins and former training partner Carlos Mier. He admitted that it would have been too difficult to choose one man for the coveted role, explaining that he'd told Kim: 'I was saying [to her]: "Imagine you had to pick one of your four best friends you've had since you were at school. It is very, very difficult to choose one." She was like: "Go on, pick one," but I said no.'

As the heavens opened, Kim, who met Andy ten years ago at a party at the US Open, arrived at the 12th-century, 300-seat cathedral in



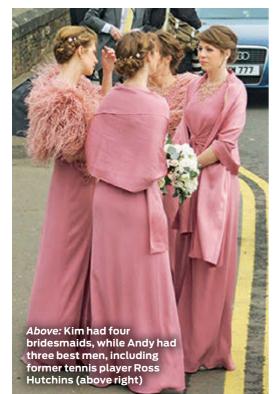
















a silver Rolls-Royce. While onlookers tried to catch a glimpse of the beautiful bride, her four bridesmaids, dressed in floor-length dusky pink gowns with Swarowski crystal neck detail, tried to prevent her hem getting soaked by hoisting up the train for her. It was at this point that photographers captured a flash of her toned and tanned legs, hidden underneath her voluminous dress.

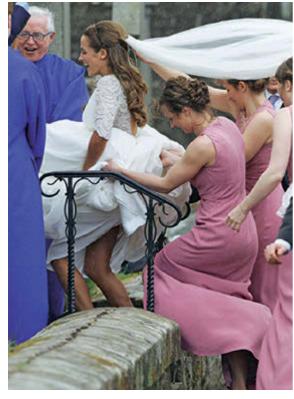
She was then led into the cathedral which had been decorated with an array of flowers, including white hydrangeas, and an aisle dotted with 10ft bay trees, reminiscent of William and Kate's Westminster Abbey wedding in 2011.

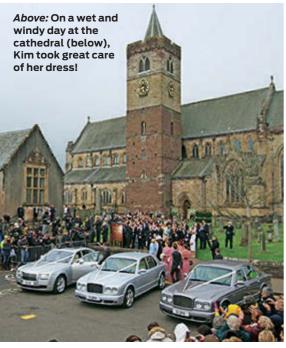
Andy recently admitted that he'd left most of the wedding planning to his bride-to-be, telling a journalist: 'I think in a lot of cases it's just better to let the woman have it how she would like. In terms of flowers and colour schemes and those sorts of things, I couldn't really care less about that, to be honest.'

The pair said 'I do' in an emotional 45-minute ceremony, conducted by Reverend Colin Renwick and dubbed the 'Scottish royal wedding'. The reverend later revealed: 'Everything went very well – the only hitch was the marriage! The cathedral was filled. It was an incredibly happy service – the main emotion was joy and love. It was a lovely event for everybody. The hymns were lovely, traditional and thoughtful. They were chosen especially by the couple.'

The new Mr and Mrs Murray and their guests then travelled three miles to the Cromlix hotel, which Andy owns, for a grand reception. The £1.8 million Victorian manor house, set in 34 acres of tumbling countryside, boasts 15 exclusive suites, two luxurious reception rooms and a snooker room, and was reopened last year following an extensive makeover.

It's also where Andy's brother Jamie and his fiancée Alejandra Gutierrez tied the knot in 2010, and is a business venture that Andy is extremely proud of. After purchasing it in 2013, he said: 'By re-establishing Cromlix as a leading luxury hotel at the heart of the Dunblane community we will be able to attract new visitors to the area, create a number of new jobs and focus on supporting other local businesses. I'm pleased to be able to give something back to the community I grew up in.'









Tragically, Dunblane hit the headlines 19 years ago when a gunman killed 16 children and a teacher at a primary school. It's believed that the tennis ace is keen for the town to be remembered for something else. 'After the tragedy I think he wants to put Dunblane on the map for all the right reasons, not because of that, said local shop owner Nicki Farthing.

After a champagne reception, guests dined on a special wedding

menu that was created by the Cromlix's Michelin-starred chef Albert Roux and his son, former MasterChef star Michel Roux Jr.

Andy and Kim got engaged last November, and although Andy waited nine years to pop the question, when he did, he did it properly. 'He was very traditional and called Kim's parents beforehand,' revealed Judy. 'He is very traditional like that.' While Kim said 'yes' immediately on November 19, the couple waited a week before confirming the news. Kim's three-carat diamond ring is rumoured to be worth £200,000.

Ahead of their nuptials, artist Kim, who specialises in drawing animals, enjoyed a fun-filled hen party with her family and friends at the £5 million Oxshott home she shares with Andy. In a nod to

Andy's Scottish roots, Kim wore a red dress with a tartan trim, a tartan hat, a ginger wig and a sash adorned with the words 'Mrs Murray'. She was later reportedly treated to a phallic-shaped cake which had 'Wishing you every happenis' written on it complete with tennis balls as testicles!

A source revealed how Kim 'really got into the spirit of things', adding: 'She and Andy have been through thick and thin together so she is over the moon they are tying the knot. The party was a laugh and all her closest friends were there to share her happiness.'

Unfortunately she's going to have to wait a few months before she slips into her sarong, as their honeymoon is on hold! 'We will probably do the honeymoon later in the year, probably in the offseason,' Andy recently revealed, adding: 'I am not sure where we're going to go yet, but there's a few ideas.'

Instead, Andy is heading off to Barcelona this week to train, and is then due to compete in the BMW Open in Munich, which starts on April 25. Despite his busy work schedule, Andy has said he's keen to start a family with his wife, admitting: 'I would like to start a family and try to be a good father. That's important to me.' OTH TURN OVER FOR ANDY AND KIM'S LOVE TIMELINE!

REPORT BY ROWAN ERLAM PHOTOGRAPHS BY GETTY IMAGES, PA, SOUTH WEST NEWS SERVICE, REX, TWITTER, WENN, JAMES WILLIAMSON



THE TENNIS ACE FINDS HIS PERFECT MATCH

A SMASHING ROMANCE

AS ANDY MURRAY AND KIM SEARS BEGIN THIS NEW CHAPTER OF THEIR LIVES AS A MARRIED COUPLE, OK! TAKES A LOOK BACK AT THE HIGHS AND LOWS OF THEIR TEN-YEAR COURTSHIP...

FEBRUARY 19, 2006

After meeting at the US Open in September 2005, and months of dating in secret, Andy and Kim – both 17 at the time – let the whole world know that they're an item when they kiss after Andy's victory at the 2006 SAP Tennis Open in San Jose, California. She even gets to hold his trophy!





JUNE 29, 2007

Despite Andy being out of Wimbledon due to an injury, the couple still enjoy watching the UK tournament together — choosing a quiet balcony to catch all the action.



JANUARY 5, 2008

Andy shares his joy at winning the Men's Singles title at the Qatar Open with Kim by his side. His victory in the Middle Eastern nation was his first hard court title.

APRIL 6, 2009

The couple share a hug, as they head through Miami Airport on their way back to London. The following month, Andy and Kim move into a six-bedroom home in Oxshott, Surrey, together. Andy later reveals how much 'better' he thinks his relationship has made him on the tennis court.



JUNE 29, 2009

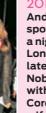
Kim looks close to Andy's mum, Judy, at the Wimbledon Championships. It makes it all the more shocking when Kim and Andy separate five months later. A source confirms no other party is involved, but they 'feel it is time for them to be apart'.

SEPTEMBER 21,

Having reunited, Andy and Kim put their best fashion feet forward when they attend the Burberry Prorsum spring/ summer collection show during London Fashion Week.



FEBRUARY 23,



Andy and Kim are spotted enjoying a night out in London. They are later seen leaving Nobu restaurant with James Corden and his wife, Julia Carey.

JULY 8, 2012

Andy loses the Wimbledon Men's Singles final against Roger Federer. Overcome with emotion, Kim sheds a tear in the stands. Less than a month later the couple celebrate with a hug and a kiss in the stands after Andy wins the gold medal at the London 2012 Olympics having defeated his old adversary, Roger



SEPTEMBER 10, 2012

Federer.

Winner Andy and supportive Kim grin as they grab hold of the US Open championship trophy in New York.





SEPTEMBER 17,

Andy and Kim take in the Burberry show again.

JULY 7, 2013

Andy wins the Wimbledon Men's Singles title, and ends the 77-year wait for a British men's champion. Kim accompanies him to the Champion's Dinner. Though he and Kim have been dating for eight years, Andy dismisses the idea of marriage during a post-Wimbledon interview, saying: 'I haven't thought about that yet.'





OCTOBER 17, 2013

Kim is there – along with his parents Judy and Will – to proudly support Andy as he receives an OBE from Prince William.



NOVEMBER 19, 2014

Andy secretly proposes to Kim with an engagement ring believed to be worth £200,000, and according to reports, she says yes 'immediately'! A week later, after plenty of speculation, Andy's agent confirms that the tennis star and his long-time love are indeed set to wed.

JANUARY 29, 2015

Kim is caught on camera yelling: 'F**king have it, you flashy Czech f**k!' as Andy faces off with Tomáš Berdych in the Australian Open semi-final. She fends off allegations of impropriety by wearing an ironic jumper (right) to his next match, and Andy leaps to her defence in a press conference.



FEATURE BY DEEPIKA RAJANI PHOTOGRAPHS BY ALPHA, CAPITAL PICTURES, FAME FLYNET, GETTY IMAGES, I-IMAGES MIRRORPIX, NEWS SYNDICATION/THE SUN', PA, PACIFIC COAST NEWS, REX, SPLASH NEWS

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SMILEY SAMIA SHOWS A HINT OF **BUMP!**

PREGNANT SAMIA GHADIE JOINS 'DANCING ON ICE' BOYFRIEND SYLVAIN LONGCHAMBON FOR A BITE TO EAT WITH FORMER 'CORRIE' STAR ANGELA LONSDALE

regnant Coronation Street actress Samia Ghadie was showing the first hint of a baby bump last week as she popped out for lunch with her boyfriend Sylvain Longchambon.

The 32-year-old star dressed for the spring sunshine in a striped top, maternity jeans and gold sandals, while hunky professional skater Sylvain, 34, wore a T-shirt, khaki shorts and a pair of sunglasses.

After enjoying lunch with former Corrie actress Angela Lonsdale, who played Emma Watts, in Alderley

Edge in Cheshire, the pair leant in for a kiss before heading to their car.

Earlier this month, the couple who met when they were partnered on Dancing On Ice in January 2013 - confirmed that they're expecting their first child together. Samia excitedly told her Twitter followers: 'Me and @slongchambon have some very good news to share. We are having a baby!' Samia's new arrival will be a younger sibling for her first child, five-year-old Freya, her daughter with ex-husband Matthew Smith. OK!











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A CHIP OFF THE OLD BLOCKS

HARPER'S **GROWING UP** SO FAST!

THE YOUNGEST BECKHAM LOOKS ADORABLE ON A FAMILY DAY OUT IN LA

he doesn't turn four until July 10, but Harper Beckham seems to be growing at a rate of knots, judging by these pictures of the tot visiting an organic pet food store in Los Angeles with two of her siblings in tow! Looking super-cute with her hair in a ponytail, Harper wore a £94 Chloé T-shirt, paired with a printed skirt and blue pumps, as she marched out of Healthy Spot in Beverly Hills. The visit with brothers Romeo, 12, Cruz, ten, and their nanny - was no doubt taken to pick up treats for another member of the

Beckham clan: their British bulldog Coco. The pup – who is thought to stay in LA while the Beckhams are based in London was treated to a hot pink 'paw pedicure' and even allowed to don a £345 pair of the designer sunglasses for a Twitter shot (below), posted by mum Victoria Beckham and captioned: 'Coco enjoying the sunshine wearing Victoria Beckham







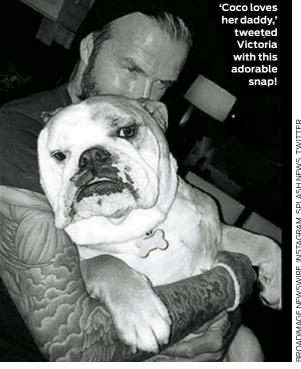
glasses! Genius!!!' Victoria, 40, also posted a picture of Coco with her husband David (bottom right), 39.

The family enjoyed a busy and fun Easter break in Los Angeles, making their own chocolate bunnies and eggs, and hanging out with family, including niece Liberty, whose mum is Victoria's sister, Louise Adams. And despite speculation over a fallout with long-time pal Eva Longoria, Victoria and David also managed to squeeze in a catch-up dinner with the former Desperate Housewives star and her boyfriend, TV executive José Antonio Bastón, at Italian restaurant Giorgio Baldi in Santa Monica.

Brooklyn, 16, also got in on the action, posting a 'Throwback Thursday' photograph of himself and Eva, 40, at dinner to his Instagram account. OK!







WARRIORS IN THE CANCER BATTLE

COLEEN AND NADINE ARE UP FOR A FIGHT!



COLEEN ROONEY AND NADINE COYLE GET IN THE 'GAME OF THRONES' SPIRIT TO SUPPORT THIS YEAR'S RACE FOR LIFE

e're used to seeing her running around after her gorgeous sons – Kai, five, and 23-month-old Klay – or supporting husband Wayne at his Manchester United football matches, but new pictures show Coleen Rooney in a very different light.

To raise awareness of Cancer Research UK's Race For Life, Coleen, 29, has been given a dramatic *Game Of Thrones*-style makeover! With her plaited hair, arm cuff and steely expression, Coleen is a dead ringer for mother of dragons Daenerys Targaryen, who was back on our screens on Monday night as season five of the fantasy series kicked off.

Speaking of how 'thrilled' she is to be supporting the campaign, Coleen said: 'Regardless of your age or how fit you are, everyone can take part or sponsor someone. The money raised is vital to help beat this horrible disease. So gather your girls, sign up and let's beat cancer soon.'

But she isn't the only celebrity who looks like she's nipped to Westeros for the weekend – former Girls Aloud star Nadine Coyle, 29, has been given the same treatment. The singer – who is mum to 13-month-old daughter Anaíya with partner Jason Bell – said: 'Let's show cancer that hell hath no fury like a woman in pink.' Damn right!





IT'S HOLIDAY TIME FOR THE MODEL

KATIE'S BACK IN THE SUN

KATIE PRICE SHOWS OFF HER NEW BIKINI BODY AFTER JETTING OFF WITH HUSBAND KIERAN HAYLER AND THREE OF HER ADORABLE CHILDREN

> Right: Katie poses with son Jett, before

aving been vocal about how happy she is with her body, Katie Price made sure she showed it off when she jetted off on holiday with her husband Kieran Hayler, 28, and her kids Harvey, 12, Jett, 19 months, and Bunny, eight months.

In one shared picture, the mum of five, 36, showcased her amazing figure as she sat with her back to the camera (right). With Jett gazing up at her as the sun shone down, Katie wrote: 'My gorgeous boy Jett looking at his mummy.

In another snap, Katie got cheeky when she displayed her pert derriere in a pair of multicoloured bikini bottoms (below), adding the caption: 'I'm feeling cheeky.' Katie also shared a selection of photos of Harvey, Jett and Bunny enjoying themselves during the sun-kissed holiday.

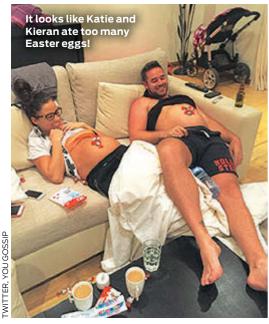
Following surgery to remove her breast implants and reduce her breasts from a 32FF to a 32B, Katie has spoken of how happy she was to have made the decision, saying: 'I do not want big boobs ever, ever again. I love having no boobs, I love being more natural and small.

'Now I get to wear so many things I've never been able to wear and experiment a bit more with my fashion. I'm really into wearing little bandeau tops under shirts at the moment and I'd have never been able to do that before.'

Meanwhile. Katie showed the results of her and Kieran's indulgent Easter weekend. With their tops lifted to expose their stomachs and a few chocolates lying on top (bottom left), Katie joked in the caption: 'Check out our summer bods lol x.' OK!

















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AS 'BGT' RETURNS TO OUR SCREENS

'I KIND OF HATE CHERYL A LITTLE BIT!'

AMANDA HOLDEN RELIVES THE 'WEIRD HORRIBLE NIGHTMARE' OF BEING FOOLED INTO THINKING SHE WAS BEING REPLACED BY CHERYL FERNANDEZ-VERSINI - AND TELLS US WHY SHE LOOKS LIKE A 'MINGER' WHEN SHE'S OFF DUTY...

he new series of Britain's Got Talent kicked off at the weekend, bringing together all of the weird and wonderful acts from up and down the country. However, it was Simon Cowell's talent for telling porkies that has shocked Amanda Holden most! The star got a call from Simon, who told her she was being replaced on the BGT judging panel by Cheryl Fernandez-Versini.

Fortunately for the 44 year old, it was just an April Fool's Day prank, masterminded by Radio 1 DJ Nick Grimshaw.

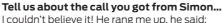
'It was heartbreaking!' the iudge – who has been with the show since the first series in 2007 - revealed, adding that she had to neck a cheeky shot of vodka to get over it. 'In reality he wouldn't have the guts to phone me to tell me that!' she said.

But while she appreciates her place on the talent show, there's something she values even more - her nipples! The This Morning host, who appeared at the launch of the new BGT series in London, in

a body-skimming Roland Mouret dress (far right), says she wants to get them insured for £1 million each, after they made front page news when she appeared at the freezing Birmingham auditions in a skintight outfit (above right).

'I decided that if it was good enough for Kylie Minogue's bum or Mariah Carey's legs, it is definitely required for my nipples,' she said. 'I've got to make sure all my best assets are protected!'

Here, the star – who has two daughters, Lexi, nine, and Hollie, three, with husband Chris Hughes - spills the beans on series nine, including the moment Simon was hypnotised by a dog and why she's delighted to remain on the panel...



I couldn't believe it! He rang me up, he said: 'Darling, are you alone?' I was like: 'No, I'm in a room full of people.' He said: 'Go and be alone.' He went on: 'I've been talking to ITV. We think there needs to be a bit of a shake-up for the lives – we're going to replace you with Chervl.' [Laughs] He said: 'She's younger, she's a singer.'

I couldn't believe it, and he was going on and on and then he said this heartless thing. He said: 'It's for the good of the show, darling." But added: 'You know you can come back, you'll be the hero, evervone will have missed vou.' Then he said: 'Then on Saturday, I'm thinking I might replace David with Jeremy Clarkson.' I went: 'That's a brilliant idea!' [Laughs] And then at the end he said: 'Have you ever heard of Nick Grimshaw?' And I very badly swore down the phone. I'm not joking. I got off the phone and hit the mini-bar. It was heartbreaking. In reality he wouldn't have the guts to

phone me to tell me that. He'd get someone else to do it [laughs]!



Of course! I just thought, he's never spoken to me like that. I was more upset by that than really being replaced. I love Cheryl, she's my kind of woman and I feel really bitter about her at the moment because I'm like, how dare you do that to me? But she hasn't done anything [laughs]! I still feel like part of it's real. I think I'm in some kind of weird horrible nightmare and I kind of hate Cheryl a little bit! I'm like, Cheryl don't do that to me this late on!

You, Simon, Alesha Dixon and David Walliams all seem to get on really well...

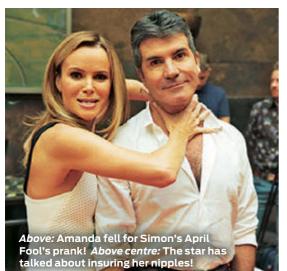
There's a natural chemistry, and having another woman in Alesha has been incredible. It didn't go the way Simon wanted, which was to have a bit of friction. We've joined forces and then David has brought out a side of Simon that's hysterical. Simon can really laugh at himself and I think people have loved him even more because David has that sort of banter with him.

Does Simon like you being pals with Alesha?

He understands now, as a parent, and because he's got a good relationship with Lauren [Silverman, Simon's girlfriend], that actually women being together is a much better image than women fighting.

Is David uncontrollable?

David has been on top form this year. He's been extra funny, really, really – I mean their fights have been hysterical! >



But you're fine now?

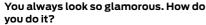
Yes, I'm fine. I mean that nip of vodka settled my nerves. Because it was just before a red carpet and I was thinking, this is a hideous piece of news to then walk down the red carpet and smile and feel all positive and say how marvellous the show is. He was horrible, it was horrible, but mainly because he was very heartless and blunt the way he said it. It wasn't my Simon that I know.

Are you worried Simon might actually one day call to fire you?

Not really. I don't live in fear because I never expect to be here. If I'm here, it's a bonus and I do so many other things, it's just I love doing this job. I always say to Simon: 'I do expect you to ring me yourself.' And he never will, so I'll always be here because he's a coward!







I've got fantastic people to guide me, put slap on and put me in the right clothes. None of it is me. If you came to my house on a weekend you'd see me in no make-up, my old tracksuit bottoms and my hair in a greasy ponytail, and that is the truth. I go to the local pub for Sunday



lunch and everyone is like: 'Who is that minger? She doesn't look anything like that in real life!' I'm very lucky.

What would be your BGT act?

I can do the splits. I used to do gymnastics for years so I still do back-flips. I did them just recently on holiday and my daughter [Lexi] was very impressed.

This series Simon gets hypnotised by a dog – what was that like?

It was bizarre. I believe it's real because, literally, Simon's head hit the desk and he woke up and had mascara down his face – he looked like Alice Cooper – and then he said 'yes' to loads of dodgy acts all afternoon, so something happened! Alesha couldn't look the dog in the eye, she said she felt immediately sleepy.

> So yeah, strange goings-on.

Do you ever worry after the show about anyone

you've rejected? I sometimes think about the kids. I'm obviously very aware as somebody that





has auditioned and had their heart broken several times on stage, but I think I let people down very well. Normally they come back the next year and they're fine. I don't tend to think about the adults.

Do you think they're too nice on The Voice UK?

I think it's quite constructive on *The Voice*. I think Rita Ora has been a huge asset – obviously more people have tuned in this year, haven't they? I'd love them to make a star on that show, that's all they need, they need a star and then they have the credibility that they deserve because it is a good show and it's a great format, but they need that kind of hit.

Should there be an age limit for children on Britain's Got Talent?

No, it's down to the parents. If your child can't take criticism or is going to be nervous in front of a lot of people, please don't bring them to our show.

Ant and Dec, the show's hosts, both turn 40 this year. What are you going to buy them?

Have I got to buy them something? They're two of the most elusive most famous people on telly. You don't know anything about them, so what I might do is a whole scandal spreadsheet and reveal who they are, and that they hate each other really [laughs]! I don't know. I just adore them. They are two of the most down-to-earth, normal people I know. OK!

TURN THE PAGE TO READ WHAT SIMON COWELL AND ALESHA DIXON HAVE TO SAY ABOUT THE NEW SERIES.

INTERVIEW BY VICKY DEARDEN/HOT FEATURES EDITED BY LISA MARKS PHOTOGRAPHS BY CAN BURMISTON, DYMOND/SYCO/THAMES/CORBIS, REX, SPLASH NEWS, XPOSURE GRAPHS BY CAMERA PRESS/RAY INSTAGRAM, ITV,

THE HEAD HONCHO SPILLS ALL

'I HAVE TO LOOK AFTER ZAYN'

SIMON COWELL REVEALS HOW ZAYN MALIK IS DOING AFTER LEAVING ONE DIRECTION - AND SAYS BABY ERIC IS READY FOR THE 'BGT' PANEL!

he question on everyone's lips when Simon Cowell was in London to chat about Britain's Got Talent wasn't about dancing dogs or creative choreography, but about the future of his most successful act ever - The X Factor's One Direction.

Here, the 55-year-old head honcho - who has one-year-old son Eric with girlfriend Lauren Silverman, 37 – talks about Zayn Malik's departure from 1D, how David Walliams, who was absent from last week's BGT press launch, is doing, and why he chose Hull singer Calum Scott as his Golden Buzzer act...

What's the future going to be for One Direction now Zayn has left?

It happens, in bands. You can't make somebody do something they don't want to do. I respected his decision. But these are strong boys, they've got real heart, real character and once they got over the shock, they just got together and put on some amazing shows - so they're in good spirits.

Were you as shocked as everyone else?

I wasn't expecting it to happen so quickly, but



when things like this happen, you just have to deal with it. I have to respect his wishes. I knew for a while that he was thinking about the future. It did come as a bit of a shock, but I have to look after him and the boys.

It's often the death knell for bands when members leave...

Well, having seen the shows they've done since he's left, they've

been incredible. The reaction has been amazing. So as long as the boys want it, and I think they do, they'll carry on being as successful as ever and Zayn will have a great career as well.

And what about the rumours that Justin Bieber might join as the fifth member?

News to me! [Laughs] I don't think so.

Zayn leaving caused a bit of a divide between [producer] Naughty Boy and Louis Tomlinson. What's your opinion?

First of all, that was just a little spat. People were getting a bit emotional, but that's all calmed down. The only thing that really matters is that the boys are happy, all of them, and the fans are happy because they've been loyal. Everyone wants to make great records, so I

Did your son Eric come with you

getting him used to it!

Buzzer for Calum Scott?





We got lost in that performance. I thought it was such a great version of the song [Robyn's Dancing On My Own] and obviously what happened with the sister [Jade Scott also auditioned and didn't get through] - the whole interaction was magical.

Does David Walliams give you any lap-dances this series?

What do you think?! A lot. [Laughs] You can't control him.

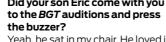
He's currently on holiday in the Maldives with

Jimmy Carr. How is he doing?

He's doing fine. I spoke to him the other day, he's fine. But he's here in spirit!

Who do you want to replace Dermot O'Leary on X Factor?

We're going to announce something soon!



think that's the focus.

Yeah, he sat in my chair. He loved it. The buzzer is too noisy for him. I'm

Why did you press your Golden



ALESHA: 'I SIT AND WATCH THE SHOW LIKE I'M A FAN!'

eturning to Britain's Got Talent for her fourth series, Alesha Dixon flaunted her enviable abs when she arrived at the show's launch in London last week, wearing a Milly crop top and skirt (left).

The usually private star – who is mum to 18-month-old daughter Azura with her partner of five years, Azuka Ononye - recently confessed: 'Don't be surprised if one day you just hear that I'm married!' She has also revealed that

Azuka has asked her to marry him 'loads of times'. The former Mis-Teeq singer added: 'He's always doing it, but I always say no. It's like he's joking around. I want him to buy a ring and get down on one knee. When he does that I'll say yes!'

Here, the 36-year-old singer reveals that Simon Cowell has

heard her new material, and who she's predicting to win BGT...

Is Azura going to be watching BGT?

Yes! I've invited my nan over for a curry - a family affair. I sit and watch the show like I'm not on it, like I'm a fan. I sit there and think, this is good, isn't it?

Who do you think is going to win? I actually think a Golden Buzzer act

could win it this year. So it will be a bit

of a competition between the judges and Ant and Dec. I can't call it.

What's been Simon's ultimate diva moment?

I'd say the only thing that makes Simon

a bit of a diva is his lateness. Now, it doesn't even bother anyone. It's not technically late, that's just the time he goes to work!



You're releasing a new single in June. Has Simon heard it?

I've been playing him music and he's been giving me advice. He likes it. I've just got to dust off the old cobwebs. See if I've still got it [laughs]! OK!

'BRITAIN'S GOT TALENT' AIRS SATURDAYS ON ITV AT 8pm AND ITV2 AT 9.20pm.

INTERVIEWS BY VICKY DEARDEN/HOT FEATURES EDITED BY KIRSTY HATCHER PHOTOGRAPHS BY FAME FLYNET, FILMMAGIC, INSTAGRAM, REX, SYCO/THAMES/CORBIS





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THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! POR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAYS STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAY STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAY STAR WRITES EXCLUSIVELY FOR OK! PROCESS OF THE SATURDAY STAR WRITES OF THE SATURDA

OUR PREGNANT POP PRINCESS HEADS TO THE GYM AND PREPARES FOR A SOLO TV SPOT IN THE NAME OF CHARITY...

um and Dad invited us round for a family roast dinner over the Easter weekend, and they did an egg hunt in the garden for Parker [below]. It was cute but quite hard work as he'd find one then be like: 'I'm done now!' He got the hang of it in the end. He hasn't managed to eat them all yet - he's forgotten they're there so it's Wayne and I trying not to eat them now! We're lucky he doesn't go too crazy with sugar, he just gets chocolate everywhere. Within five minutes there was chocolate in his hair, on his hands, up

the doors! He was a right mess.

Last week was one of the hottest so far this year and I hope it stays nice - I love the sun. I'm



much more productive when it's sunny and get on with things – if it's grey I can't be bothered! One day last week I sorted out all this stuff in the garage that I'd been meaning to do for months. That could be nesting too, I suppose. I didn't get it with Parker until the last minute, but this time I want to get really organised. I need to go through Parker's old stuff and see what we'll use again. It's hard as a lot is proper boys' stuff so until we know the sex we can't sort it.

We're still hoping to move house before the birth, but you never really know how long it will take so that makes it harder to plan. With Parker I didn't really decorate a proper nursery – the walls are grey with all his furniture in there, so I'll do the same for the next one. It'll be

their proper bedrooms that I'll go to town on in the new house. I don't know about Parker choosing anything himself, at the minute he's obsessed with Toy Story so that would probably feature!

We want to make the most of the good weather, but it's quite hard to decide what to do with Parker as he's so young and doesn't really appreciate something like the zoo. One day last week we went to Bicester Village shopping outlet to have a wander and he's happy just having a walk around with us. We also took Parker out for breakfast near to where we live [above] – it's lovely just having quality time together, so it doesn't matter much what you do. Although I really hope the weather stays as I'm ready for barbecues in the garden and Parker loves being outside!

MY CHARITY DRIVE



hen you read this, I'll have appeared on Channel 4's Sunday Brunch. I've been on with the girls, but I've never really done a TV show on my own before. I'm really nervous – it's going to be weird! It's quite an easy-going show, so I'm looking forward to it. There's just that bit of pressure that everything's on you to get it right – I don't have the girls to fall back on! I'm promoting the Marie Curie Superdrug campaign and I want to get the information out there properly. It's nice that it's all started, although it's quite strange to see my face in the shops. My mum sent me this picture [above] from her local Superdrug. She walked in and it was like: 'Hello, here I am!' Hopefully we'll manage to raise the £100,000 target. The good thing about it is that we're not asking people to buy things they don't need - money is raised when people buy their everyday P&G products. I'm simply encouraging them to stock up over this next month and buy five!

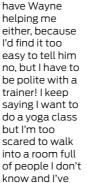
MAKING A RETURN TO THE GYM

've been trying to get back in the gym - trying being the operative word! I've been a couple of times for about 20

minutes! I tell myself it's better than doing nothing and I ached afterwards, so that's a good sign. I just went on the bike and did some leg exercises. It's something I always have to work on, plus anything like

running or jumping doesn't feel right for me when I've got a bump. My usual trainer is still away and that's been my

excuse for not going. On my own, I don't feel like I'm doing anything properly or pushing myself. I couldn't



never really done yoga. I need to just man up and get on with it! I'll let you know if I manage it!



TIME TO GLOW

round this stage of pregnancy, a lot of women start noticing things such as better skin, larger feet and thicker hair. I can't say I've noticed anything so far. My feet did grow with my last pregnancy, which I was devastated about! I used to be a four and now I wear a five. Some of my shoes from before still fit. but most of them are too small! So I hope they don't grow any more this time. I haven't noticed my hair being in the best condition ever or my skin looking amazing. It has been a bit better but I've been using a tip my sister Tor [left] told me - putting Bio-Oil on spots. It's really made a difference.

=THEBRITCROWD=

ALL THE GOSSIP FROM OUR SHOWBIZ SHORES

THE FIT FIVESOME BECOME THE FAB FOUR



'here was a tidal wave of tears, tantrums and tweets, but ZAYN MALIK's dramatic exit from One Direction isn't holding the band back. They recently admitted they were 'gutted' about the 22 year old's departure HARRY STYLES was even spotted crying on stage on the day of the announcement but it's clear from this official snap (left) that they're ready to move forward as a four-piece.

The lads are currently on their On The Road Again tour. Despite the huge change, they've stuck to their gig schedule, most recently playing to crowds in South Africa. They're also working on their fifth album, out next year.



KAT AND ALFIE'S NEW SHOW

he's just attempted suicide thanks to her failing marriage and uninterested daughter, but life is hopefully on the up for EastEnders' Kat Moon. Kat and Alfie are turning their backs on Walford – but getting their own six-part drama series, set around their new life in Ireland.

JESSIE WALLACE and SHANE RICHIE are due to start filming their spin-off this autumn, and it should be on our screens next year. The show's producer said: 'Now is the perfect time to take two of *EastEnders*' most beloved and enduring characters out of their comfort zone as they head to Ireland to search for answers to some very big questions.'

Shane added: 'Both Jessie and I are absolutely thrilled to be given this amazing opportunity. To have a whole drama focused around Kat and Alfie is a huge honour for both of us and we just can't wait to start filming.' Jessie agreed, saying working alongside her 'best mate' Shane is a 'dream come true'.



GERI AND CHRISTIAN'S ROYAL WEDDING

Most people go for a church, register office or a manor house, but not **GERI** HALLIWELL. The former Spice Girl and her fiancé, Formula 1 boss CHRISTIAN HORNER are set to get wed at Kensington Palace in May. The venue is the official London residence of THE **DUKE AND DUCHESS OF CAMBRIDGE** and **PRINCE HARRY. It's not** yet known if the couple are hoping to say their vows in The Orangery or the stately gardens at the venue (right) - both available for wedding





receptions – but the exclusive setting will set the couple back at least £14,500. With 300 guests – including Geri's former bandmates **VICTORIA BECKHAM**, **EMMA BUNTON**, **MELANIE C** and **MEL B** – it seems the pair are planning a grand bash.

Geri, 42, went public with her romance to Christian last March, and their engagement followed in November. She has daughter Bluebell from her relationship with American screenwriter **SACHA GERVASI**, while Christian has a daughter, Olivia, with his former partner Beverley Allen.

TEDDY AND ELLA'S PLAY DATE







During their exclusive interview with OK! earlier this year, DAN OSBORNE and his girlfriend JACQUELINE JOSSA were over the moon about introducing their new arrival Ella to the world. But there was one last person Ella was yet to meet. And now their baby girl has finally been introduced to her half-brother Teddy, Dan's son with his ex-girlfriend MEGAN TOMLIN. Dan shared a photograph of the two cuddling on Twitter (above), with the caption: 'ABSOLUTELY PRICELESS #mybabies' at Easter. It seems likely that Jacqueline has finally met Teddy (above left), too.

Dan has made headlines recently, after two tapes of him having a dramatic bust-up with Megan were leaked, but it seems he and Jacqueline (left) are now trying to focus all of their attention on their new baby. Dan recently told us: 'I think in a few months Teddy will start to understand that he has a sister. He'll get used to being around her and he's going to grow up to love his little sister and look after her.'

NICOLA'S BABY BOY JOY

Actress NICOLA WHEELER has given birth to a baby boy. The 41-year-old *Emmerdale* star, who plays Nicola King on the soap, gave birth to her son last month but has only just announced the news. Nicola only confirmed she was pregnant when she was eight months along, and went on to thank well-wishers on Twitter: 'Thanks for all your congratulations still got a couple of weeks until (baby) arrives. Unless he/she gets impatient.'

Her big news was unveiled on the Emmerdale Twitter account, with the show writing: 'BIG congratulations to @nicola_wheeler and her baby boy, who arrived on Friday 13th!'

Nicola's character has relocated to Dubai for a new job, which gives the new mum some time at home with her bundle of joy before heading back to the Dales.

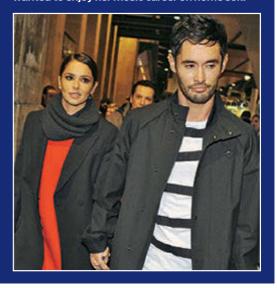




JB'S ROMANTIC TOUR DE FRANCE WITH CHERYL

Deing a L'Oréal Paris ambassador means CHERYL FERNANDEZ-VERSINI has been to France countless times, but in May her husband JEAN-BERNARD is going to give her a guided tour of his home country's best spots, including the romantic Loire Valley.

The 31-year-old singer will be in Cannes next month as part of her duties with L'Oréal, so her restaurateur beau decided to make the most of her trip, booking in time at historical sites Palais des Papes and Gorges du Vendon. Jean-Bernard, 34, has spent a lot of time with Cheryl's family in Newcastle, and even relocated to the UK for Cheryl after their wedding last spring, as she wanted to enjoy her music career on home soil.



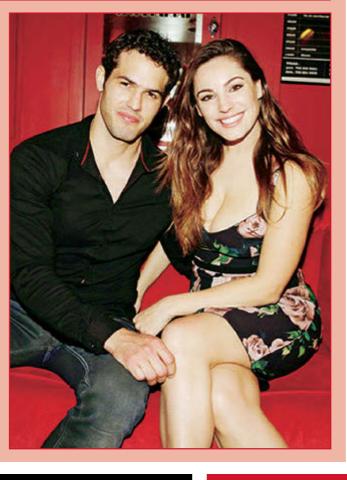
KELLY BROOK AND JEREMY PARISIS

HOT **NEW** MAN

She's recently cracked America, having nabbed a role on new NBC comedy One Big Happy. But it looks like that isn't all Kelly Brook has bagged herself while living in LA – the 35 year old has become close to her judo instructor Jeremy Parisis, who has been training with her since the beginning of the year. The French model accompanied Kelly back to the UK this Easter to meet her friends and family, and last weekend Kelly proudly posed with Jeremy as they took in the Crazy Horse burlesque show in Paris (right).

A source revealed: 'They have trained together lots - and it helps that he's incredibly handsome.'

SEE PAGE 80 FOR OUR INTERVIEW WITH KELLY



SIMON WEBBE AND JESS IMPIAZZI

BLUE ROMANCE

Blue hunk Simon Webbe has a new squeeze in the shape of Ex On The Beach star Jess Impiazzi. The two were spotted together in London's King's Cross, shortly after 25-year-old Jess posted a snap on Instagram with the caption:



'Off to central London excited to seeeee someone.' Former Strictly Come Dancing star Simon, 37, met Jess at her birthday party last year, shortly after his three-year relationship with model Maria Kouka ended. Glamour model Jess, who has previously been linked to Kelly Brook's ex David McIntosh, is also a dedicated Blue fan, tweeting a pic of her new man at their concert in London, saying: 'Wow @simonewebbel absolutely smashing it!!!' and then again at their gig in her hometown, Manchester: 'Second @officialblue concert of the week very excited #Manchester.'

Hopefully Simon's new romance will help cheer him up after news last week that Blue have been dropped by their record label due to poor sales.

EMMA STONE AND ANDREW GARFIELD

TAKING A BREAK



hey got together on the set of *The* Amazing Spider-Man back in 2011, but Emma Stone and Andrew Garfield are currently taking a break from their relationship because of work commitments. Andrew, 31, hasn't been pictured with his girlfriend since January, and is currently filming Silence, a Martin Scorsese film, in Taiwan. Emma has been equally busy, last month winning Favourite Movie Actress at the Kids' Choice Awards.

In an interview last year, Emma gushed: 'I think I've learned a lot by being around him. And, you know, he is an incredibly important person to me.' It's yet to be confirmed if the split is permanent or just a temporary break.

TAYLOR SWIFT AND CALVIN HARRIS

IT'S OFFICIAL!

ongues have been wagging about Taylor Swift and Calvin Harris for a couple of months - and last week the lovebirds appeared to go public for the first time when they were spotted at a gig. Taylor, 25, couldn't hide her smile as she accompanied Calvin, 31, out of The Troubadour club in West Hollywood (right), where they had been to see girl group Haim - who are friends of Taylor's – perform a gig. Pictures showed Calvin wrapping his arms round Taylor's waist as they enjoyed the set (below)

Speculation about the pair began when Taylor and Scot Calvin were spotted flirting at the BRIT Awards in February.

Since then, the couple reportedly spent time together in Las Vegas and Nashville. Bizarrely, their romance follows Calvin's remark on the Capital FM breakfast show in November 2014 that Taylor was the 'opposite of his type'!





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HOLLAND & BARRETT the good life

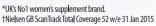


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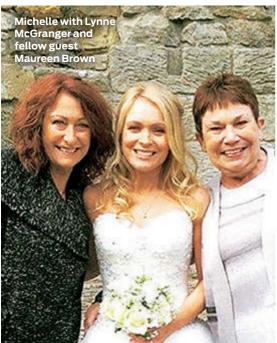


FROM THE DALES WITH LOVE...

'IT WAS THE BEST DAY OF MY LIFE'

'EMMERDALE' STAR MICHELLE HARDWICK MARRIES GIRLFRIEND ROSIE NICHOLL IN A STAR-PACKED YORKSHIRE CEREMONY







ctress Michelle Hardwick has described her wedding to long-term partner Rosie Nicholl as 'the best day of my life'. The 39-year-old *Emmerdale* star – who plays Vanessa Woodfield in the ITV soap – tied the knot with Rosie at Danby Castle, nestled in North Yorkshire's moors last week.

Both brides opted for traditional dresses, with Michelle looking stunning in a white strapless gown with an embellished sweetheart neckline. Rosie, meanwhile, opted for a lace detailed dress which she accessorised with a traditional Yorkshire rose in her hair.

Fellow Emmerdale stars Dominic Brunt and Jeff Hordley, who play Paddy Kirk and Cain Dingle, were guests at the wedding, along with Home And Away actress Lynne McGranger, who had flown in from Australia for the occasion.

Michelle, who met Rosie four years ago when she was appearing in pantomime and Rosie was playing in the orchestra, later posted a picture of the pair on her Twitter page, with the caption: 'I can honestly say that yesterday was the best day of my life. Thank you to my wife @rosiebone.'

Michelle has spoken out before about coming out to her family – revealing that she didn't do it until she was 28. 'Family members would ask if I had a boyfriend and my excuse was I was too busy at work,' she said. 'I was nervous about telling them and didn't plan it, but my dad asked me and I didn't want to hide it. He was only upset that I felt I couldn't tell him before. My whole family have been amazing, as have Rosie's. We're very lucky.'







Kyn

HER EXCLUSIVE OK! COLUMN

THE 'CORRIE' STAR LAYS INTO 'DISGUSTING' KATIE HOPKINS AND GUSHES ABOUT HER ADORABLE BROOD OF KIDS

've started a full-on detox for two weeks. I'm eating no carbohydrates, no dairy, no grains and drinking no alcohol for a couple of weeks! I'm pretty much living off meat, nuts, vegetables and salad. It does get a bit boring – I feel like I don't want to see another piece

important for me to keep it up as I can't train at the moment because of my injury [see interview on page 4 for more], so it's the best way to stay in shape.

of chicken! However, it's

On the diet front, I have to say a big congratulations to my son David, who's lost 1st 1lb in two weeks! He's delighted and feels much more confident. Emilie took this picture [top right] and you can really see a change in David's face in just two weeks! He's still training with Matt Baker, who says his fitness has increased. Emilie's also training with Matt three times a week. He's a great trainer, we're still mates and there are no hard feelings between us [Kym and Matt dated for six weeks in 2013]. I go halves with the kids on the cost of the training. I'm happy to help out if they're going to stick at it.

On the fitness front, there was a stupid story in

the papers stating that I'd sacked Dan as my personal trainer to save our relationship! I don't know where they pluck these stories from. I've spoken in this column before about the fact that Dan was just helping me out while I found a new trainer and that's the truth — also, our relationship isn't on the rocks! I hate the idea of people selling stories about me

- especially when they're made up!

Before I started my detox, Dan, Polly and I went to this lovely Italian restaurant near us called Puccini's [right]. I've been going there since Polly was a babv. Italian people seem to love children - when Polly was a baby the owner would take her from me and walk around with her while I ate my dinner. Now she's older Polly gets to make her own ice cream while she's there tool







GO AWAY, KATIE!



t's one thing making a living out of shocking people, but it's another being vile and cruel and saying things most people wouldn't never dream of saying. That's why I defended Denise Welch [bottom] on Twitter when Katie Hopkins [above] retweeted a rude message about her from a troll. I said she was disgusting and she is. I also thought it was completely insensitive when she said dementia sufferers shouldn't be 'blocking beds' in hospitals. What are we meant to do with our loved ones, throw them in the dustbin? Whatever illness we may have, we should be able to be treated with respect and kindness and not have someone being so dismissive and vile. When people reacted on Twitter and mentioned that someone they cared about had dementia she said they had 'an emotional reaction, not rational opinion'. I wonder how she'd feel if something bad ever happened to someone she loves. It's fine to have

someone sne to a debate, but she's very blinkered, dismisses any other opinion but her own and is cruel along with it. We should all just ignore her, then she might

go away!



MY ADORABLE LITTLE GIRL

Dolly was very excited about Easter [far right], although we'd have been better off buying her a load of broccoli as she's really not that bothered about chocolate. I offered her some egg as a treat the other day but she asked for an apple instead!

I posted this lovely picture

lovely picture of Pols and me [above right] with the caption:
'The most beautiful little girl in the world. Not a second goes by I don't appreciate what I have in my children.' Occasionally stupid trolls will post something negative on Twitter about me being a bad mum. I don't need confirmation that I'm a good mum — I know I've done a good job because my kids show me so much love and appreciation. Polly





absolutely worships the ground I walk on — it's so sweet! My mum told me she's never known a child to love their mother so much and I know what she means. Whenever Polly puts her arms around me I feel so much love from her and I love that feeling. I might not get as many cuddles off David and Emilie, but they still come to me for advice and it makes me proud — it's the best feeling in the world.

HOLLY WOOD CONFIDENTIA

ALL YOU NEED TO KNOW ABOUT THE LATEST TINSELTOWN GOINGS-ON...

BABY BOY JOY FOR JUSTIN AND JESSICA



order for singer JUSTIN TIMBERLAKE and his actress wife JESSICA BIEL, 33, who announced the arrival of their first child last week, confirming they'd welcomed a baby boy into the world. The news of Silas Randall Timberlake's birth was confirmed by the couple's representative, who said they're 'ecstatic' and that both mum and baby are doing well. Their son's middle name, Randall, is the name of 34-year-old Justin's grandfather and also the songwriter's middle name.

Justin's mum, Lynn Harless, was among the first to congratulate the pair – who married in October 2012 after five years of dating - by sharing her joy on Twitter (below), writing: 'My amazing son and his beautiful wife have given us the most precious gift in

the world! Silas Randall Timberlake! Named after my father and my son! Life is beautiful and we couldn't be happier! God bless you all and thanks for all the congrats!'

The couple only officially confirmed Jessica's pregnancy in

January with an Instagram post after months of speculation, and reportedly chose not to find out the sex of the baby until the birth.



My amazing son and his beautiful wife have given us the most precious gift in the world! Silas Randall Timberlake! Named after my father and my son! Life is beautiful and we couldn't be happier! God bless you all and thanks for all

GWYNETH CELEBRATES HER SON'S BIRTHDAY

ver the doting mum, ver the doting mom,

GWYNETH PALTROW has shared a special snap of her son Moses to mark his birthday. The Instagram selfie shows makeup-free Gwyneth, 42, and her boy with matching toothy grins. 'Happy 9th birthday my sweet Moses! You are an incredible, amazing, beautiful boy inside and out,' she captioned the pic (right). And it isn't the only celebrating the mum of two has been doing recently. She also attended her Iron Man co-star ROBERT **DOWNEY JR's 50th birthday** party (below right) with her boyfriend, Glee producer BRAD FALCHUK (below), 44.

Gwyneth's divorce from Coldplay singer CHRIS MARTIN, 38, is still going ahead, despite whispers of reconciliation sparked by their family holiday earlier this

month. Chris has since been seen taking girlfriend **JENNIFER** LAWRENCE. 24, on an Easter break.







KRISTEN'S LOVE FOR ALICIA



ollywood starlet KRISTEN **STEWART** has been spotted looking cosy with her rumoured girlfriend, producer **ALICIA** CARGILE. The two have holidaved together in Hawaii and got matching tattoos in January. and have now been seen holding hands around Tinseltown.

It seems Kristen, 25. isn't fussed about the rumours that her ex, **ROBERT** PATTINSON, 28, is reportedly engaged to singer **FKA** TWIGS. R-Patz and British-born Twigs, 27, have been dating for eight months, and it's thought the two got engaged a fortnight ago. A source close to Kristen claimed she's 'doing fine', adding: 'She will survive Robert's engagement.'

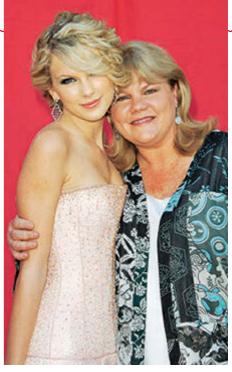
rom the look of her latest video, BRITNEY
SPEARS has been busy raiding her mum's '80s
wardrobe! The glowing 33 year old showed up on
the set of *Pretty Things* in Los Angeles wearing

patchwork denim jeans, a leopard-print crop top, red trainers and large neon plastic earrings.

Britney has teamed up with fellow singer IGGY AZALEA (right), 24, for the duet and the talented twosome are also co-directing the video.

Later, the star drove herself around in a yellow Jeep (below), proving that even health-conscious dancer Brit struggles to pull off a throwback crop top. Maybe the '80s should stay locked in the closet forever!





TAYLOR'S MUM IS BATTLING CANCER

eartbroken TAYLOR SWIFT has revealed the devastating news that her mum Andrea has been diagnosed with cancer. Taking to her Tumblr blog, the singer wrote: 'I'm saddened to tell you that my mom has been diagnosed with cancer. I'd like to keep the details of her condition and treatment plans private, but she wanted you to know.' Earlier in the post, Taylor said that she'd urged 57-year-old Andrea to get screened at the doctor's for any health issues, and that's when it was discovered. In the post, the 25 year old advised her readers to encourage their own mothers to get check-ups.

Taylor has said before that Andrea is her best friend, and even wrote the song *The Best Day* about their relationship.



A GLIMPSE INSIDE JAY Z AND BEYONCE'S WEDDING!

Marking his seventh wedding anniversary with wife BEYONCE KNOWLES last week, rapper JAY Z gave fans a peek of their big day by posting a video clip to his Instagram.

The footage – previously screened during the couple's On The Run Tour last year – shows Beyoncé, 33, wearing a strapless white gown and a veil, smiling as a dapper Jay 'puts a ring on it' in front of a minister. The pair then laugh as they dance down the aisle, while guests shower them with petals.

Jay, 45, and his bride are

currently celebrating their anniversary in Hawaii (left) while Beyoncé's sister, SOLANGE

sister, SOLANGE KNOWLES, looks after their threeyear-old daughter, Blue Ivy.



LOOKING MAJESTIC AT EASTER

ROYAL SERVICE WITH A SMILE

THE QUEEN LEADS THE ROYAL CONGREGATION AS SEVERAL MEMBERS OF THE FAMILY ATTEND SUNDAY SERVICE IN WINDSOR CASTLE



he royals were out in force for the Easter Sunday service at Windsor Castle. Sophie, Countess of Wessex, led the stylish contingent dressed in a knee-length cream coat, which she teamed with light brown heels and a beret-style percher hat topped with dark feathers. Sophie's daughter, Lady Louise Windsor, 11, stayed by her mother's side while strolling to the service and looked very ladylike in a baby pink jacket and floral dress.

Autumn Phillips, daughter-in-law of Princess Anne, was also in attendance and opted for a

flattering blue cape jacket and a cream beret hat with silk flowers by Emily London. Princess Beatrice was all smiles as she walked alongside the group wearing a patterned blue dress and matching heels, and a hat with blue plumes. It has been reported the 26 year old is set to follow her sister Princess









Eugenie and mother, Sarah Ferguson, with a move to America – her boyfriend Dave Clark has a new job in San Francisco, while Beatrice is said to have had a number of job interviews with investment firms in New York.

The stylish foursome joined the Queen for the special service at St George's Chapel and the monarch looked immaculately dressed in a blue Stewart Parvin coat with a matching hat. Also in attendance were Prince Andrew, Peter Phillips and Prince Edward, as well as Princess Anne and her husband Timothy Laurence.

The Duke and Duchess of Cambridge, who are awaiting the arrival of their second child, were absent, as were Prince Charles and the Duchess of Cornwall, who celebrated their tenth wedding anniversary last week. Prince Harry was also unable to attend as he is currently in Australia on a month-long attachment with the Australian Defence Force.



PHOTOGRAPHS BY AMY SWALES
PHOTOGRAPHS BY ALPHA, GETTY IMAGES,
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IS A ROYAL DAUGHTER ON THE WAY? THE EVIDENCE IS IN THE PAINT!

ore fuel has been added to the fire surrounding the speculation about the gender of the Duke and Duchess of Cambridge's baby. The most recent rumours have claimed that Kate, 33, ordered three 'feminine' pink paint samples, believed to be for the nursery in the country home she shares with William, 32, and their one-year-old son Prince George. While one shade of paint has been described as fold fashioned roses', another is stated as being a 'warm, soft aubergine colour with pink-red undertones'.

While the report saw bookmakers slash the odds in favour of a girl – with the traditional English name of Alice becoming the favourite name a royal aide has since insisted that the couple still do not know the sex. 'They know that people are excited that Prince George will soon have a little brother or sister, and it means a great deal to them that so many will be celebrating this important moment for their family,' the spokesperson said. If the new arrival proves to be a boy, the names James, Arthur, Henry and Thomas have been highlighted as possibilities.

Though the royal baby is apparently not due for another two weeks, Prince William has reportedly made sure he is never more than two and a half hours



from his wife's side, should she go into labour early. Currently undertaking air ambulance training at a base in Norwich. William is on standby to make the dash to the Lindo Wing of St Mary's Hospital in Paddington, London, at a moment's notice. The devoted father will take two weeks of paternity leave following the delivery, with the duchess expected to go on an extended break from public life in order to care for the newborn and her eldest child. 'As I'm sure you can imagine, with two children under two, her focus will be on her family,' a source explained.

Meanwhile, a recent newspaper poll has found the majority of Britons would prefer Prince William as the next monarch – as he beat his 66-year-old father, Prince Charles, by 16 per cent. While all age groups, and both men and women, favoured William over the current heir to the throne, the young royal was especially popular among female voters and young people.

UNLIKELY TWEET-HEARTS

'I'VE HAD THE BEST FEW DAYS'

STACEY SOLOMON AND STEVE-O HIT SOCIAL MEDIA TO DECLARE THEIR LOVE FOR EACH OTHER

hey might seem like the least likely couple in Celebland, but after meeting on the Austrian set of *The Jump*, it seems Stacey Solomon and Steve-O are pretty loved up!

Jackass star Steve, 40, flew to London to spend a romantic break with the 25 year old and the couple enjoyed a mini-break in Cornwall, where Stacey – who is mum to Zachery, seven, and Leighton, two, from previous relationships – supported her man as he took a homemade raft made from plastic bottles into the sea in St Ives!

The smitten American tweeted a picture of them kissing by the sea (bottom centre) with the caption: 'I wanted to be able to say I went surfing in England, so my sweetheart arranged a three-day vacation in Cornwall for us. You're the best!'

Stacey also uploaded a picture of her sticking her tongue out with her arm around her man (below), saying: 'I have had the best few days ever! What a perfect mini break! #Cornwall #Surf #Sunshine #InLove.'

Earlier in the week, Stacey shared a snap of her beau asleep on her sofa (below) shortly after his transatlantic flight, surrounded by her pets with the caption: 'The animal whisperer hahaha #jetlag.'

Stacey recently opened up about the new romance, revealing she was anxious to call it love at this stage: 'I remember feeling like this independent woman who was like: "No! I don't want to be with anybody. Stay away." But the daredevil soon won her heart, as the nation watched them learn to ski together. 'I have no idea how it happened - I get really embarrassed. We're just seeing how it goes at the moment,' Stacey revealed, adding: 'I don't want to be like: "Ohh! We're in love," and then I don't hear from him again that would be embarrassing!'

Somehow, we don't think she's got anything to worry about!







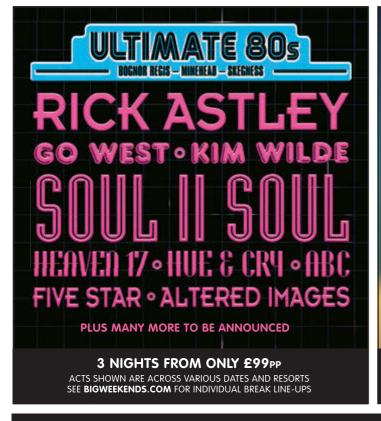














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THEY'RE A MATCH MADE IN HEAVEN

KANYE WEST AND KIM KARDASHIAN ARE JOINED BY THE FAMILY IN CO-ORDINATING WHITE ENSEMBLES

im Kardashian has been going through a tough time of late with her fertility struggle, but she proved that everything is 'all white' as she stepped out on Easter Sunday. The mum of one – who was recently left devastated by the news that she will need a hysterectomy if she gets pregnant again – headed to a service at Hollywood's West Hills Church, co-ordinating with her husband Kanye West, 37, and 22-month-old daughter North.

Kim, 34, looked stylish in a white maxi skirt and fitted top, while North – carried in her mum's arms – wore a silk dress, tan leather sandals and a floral headband. Rapper Kanye donned a pair of ripped jeans and a tattered T-shirt.

But the fashion-forward family of three weren't the only ones who got the memo about the dazzling dress code – they were joined by the rest of Kim's clan, who also turned heads in white. Matriarch Kris Jenner, 59, was seen carrying her two-year-old granddaughter Penelope alongside boyfriend Corey Gamble, 34, and her other daughters Khloé, 30, Kendall, 19, and Kylie. Seventeen-year-old Kylie's rapper boyfriend Tyga also brought his toddler son, King. However, the siblings looked like they were headed for the front row of a fashion show rather than the first pew, showing off their figures in rather revealing get-ups! Rounding off

the group was Kris's eldest daughter Kourtney Kardashian, 35 – Penelope's mum – and her son Mason, five.

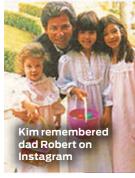
Easter is a special time for the close-knit group. Kim played hostess this year, sharing a picture on Instagram of a table adorned with Easter eggs, tulips and colourful confectionery, captioned: 'Easter prep!' She also shared an old childhood photograph of her with Kourtney, Khloé and their late father Robert Kardashian (top left). She wrote: 'Happy Easter everyone! Love this throwback of Kourtney, Khloe and Me with our daddy finishing an Easter egg hunt!'

Just days after Easter, Khloé, Kim, Kanye and North flew to Armenia, the Kardashian family's ancestral homeland. Doting dad Kanye was spotted giving North a sweet kiss as they walked into LAX airport on their way to Yerevan, the nation's capital.











REPORT BY BENJAMIN BUTTERWORTH PHOTOGRAPHS BY INSTAGRAM, REX, SPLASH NEWS, X17 ONLINE



ON HER HEART-WRENCHING NEW FILM

'I GET EMOTIONAL EVERY TIME I WATCH IT'

ACCLAIMED ACTRESS **SHERIDAN SMITH** TALKS TO OK!'S KATIE LANGFORD-FOSTER ABOUT PLAYING THE 'AMAZING AND INSPIRATIONAL' WRITER LISA LYNCH. WHO NEVER LOST HER HUMOUR IN THE FACE OF CANCER

rom bagging herself a National Television Award – only to be fashionably late to collect it – to getting matching tattoos with her new man, Sheridan Smith has rarely been away from the headlines of late. Admittedly 'smitten' with actor Greg Wood, 36, it would seem the star's career isn't the only thing taking off – the pair even sparked wedding rumours after Sheridan was spotted with a ring on her engagement finger!

It's clearly been a busy few months for Britain's favourite actress, who received an OBE last year. But there was one role that the 33-year-old star could definitely find time for. Having made a name for herself playing Ronnie Biggs' wife Charmian Brent and singing legend Cilla Black, Sheridan's new BBC film, *The C-Word*, sees her take on the role of Lisa Lynch, a writer hailed by Stephen Fry as 'funny and brilliant'. Lisa sadly lost her battle with breast cancer in 2013 at just 33 – but not before captivating the nation with her witty, no-holds-barred blog and subsequent book, as well as personally approaching Sheridan for the film adaptation.

In an emotional chat with OK! at a special preview screening, here Sheridan opens up about how a Twitter message turned into a special friendship and coping with the film ending that no one ever wanted to write...

How did you and Lisa get to know each other?

Lisa got in touch with me over Twitter. I read her book and I just thought, are you f**king joking me? You're incredible, funny, amazing, strong — everything I'm not. She said: 'You're the only one who can play me.' I've saved the text. I think that's why I get emotional every time I watch it, because she saw something in me that I can't see.

Was it a difficult decision to take the part?

It was an honour to be asked by a complete



stranger: 'Will you play me?' It has changed my life and it took me a lot of time to decide to do it. I wanted to so badly, but I was wary of upsetting [Lisa's] family members. I might be sat here sobbing like a complete f*nnv but I'm so pleased I did it. If it makes one girl check her boob, and I've done [Lisa] any justice, then I'm happy.



After feeling that responsibility towards Lisa's family, have you got to know them?

Yes. My God, they welcomed me like I was one of their own! We watched it together last night. We have all become very close. Me and her brother call each other 's**tface'!

Having become good friends, it must have been so difficult finishing the film without Lisa...

The first draft ended with Lisa making a book, having not had it [cancer] for two years. Nicole [Taylor] rewrote the ending with Lisa's husband, Pete after she died. God knows how they did that. She wasn't here to see us make it. We would have loved her on set, but she would be cart-wheeling up there, saying: 'Get p***ed you lot!'

You've said you could feel her presence...

When Nicole had to rewrite the ending, Pete went round to Nicole's and obviously it must have been so difficult for the pair of them. They were trying to write the end of Lisa's life and there was a sudden smell of s**t. The Chihuahua from across the road had come in the cat flap! It was as if Lisa had said: 'Cut the s**t you lot, have a laugh.' There have been so many times where it felt like she was here.

What do you think we can learn from Lisa?

My favourite line that Nicole wrote is when Lisa says: 'I'm British. We just don't talk about things like that.' Because we don't! It's cancer and it touches one in three. Every single one of us, if we haven't experienced it, we will know a friend who has. We should talk about it. It's a hideous disease, but we can try and fight it. She was one of the people who cut through the bulls**t and said it how it is.



How did you feel about shaving your hair?

It's just hair, it grows back. [Laughs] For me, it was the least I could do. The eyebrows were the one. You can't shave or thread them because they can grow back crisscrossed. As an actress, that can be quite funny, so I had to pluck them individually!

Was there a particularly intense scene to film?

I would say the scene in the bath [when Lisa's husband carries her out as she is unable to lift herself from it]. We didn't know whether to put it in or not because it's so graphic. Lisa was so upbeat and light, but if you're going to show cancer, you've got to show it for real.

Did your personal experiences affect what you brought to the role?

I'm not supposed to talk about my brother [Sheridan's oldest brother Julian died from cancer when he was 18], but one thing I remember about him having cancer was my mum and dad carrying him up and down the stairs for a bath. It is very real. If we missed that bit out, it's a bit like saying: 'Oh, isn't it fun!' That is what Lisa would have liked, but you've got to show the reality, too.

Were you emotional on set?

When I said: 'So many people get through it. So many people survive.' I couldn't get past that b***dy line without crying! I thought, I can't be crying all the time because Lisa wouldn't.

Did playing such a positive person affect your outlook on life?

I admire her and want to be her. I'm not as strong as her yet, but you can admire someone and think, wow. If you can get through that and write that book and I get to play you, then I've got some manning up to do! She's amazing and inspirational and I hope that she will be for everyone who watches it.

You are patron of Coppafeel, the breast cancer charity started by Kris Hallenga, who stars as herself in the film. How did that come about?

I got in at the end of the day [of filming] and she [Kris] said: 'Have you got a present?' I said: 'No, I've got one of those slips where you've had something delivered, and it's at the post office.' These two boxes arrived and two big helium balloons popped out, saying: 'Will you be our patron?' I said: 'Yes, yes, yes!'

'THE C-WORD' IS COMING SOON TO BBC ONE.

PHOTOGRAPHS BY MARTIN NICHOLLS, WENN, WIRE IMAGE, XPOSURE



LOOKING FORWARD TO THEIR BABY'S ARRIVAL

MY BOOBS ARE HUGE-THEY'VE DOUBLED IN SIZE!'

SUZANNE SHAW AND HER FIANCE SAM GREENFIELD TALK TO OK!'S AMY SWALES ABOUT HER PREGNANCY HORMONES, POSTPONING THEIR WEDDING AND WHAT HER SON THINKS ABOUT IT ALL!

aving lampooned the moody ups and downs of early pregnancy in a series of online videos, OK! half expected Suzanne Shaw to storm into our photoshoot as her entertainingly angry alter ego Hormonal Hilda. But Hilda is nowhere in sight as the star poses in the sunshine with her fiancé Sam Greenfield, resting her hands on her blossoming baby bump and quipping that she'll eat all the sandwiches on the shoot!

Suzanne, 33, and sports consultant Sam, 32, who started dating in June 2013 and got engaged last summer, are ecstatic to be expecting their first child together in October. The former Hear'Say singer – also mum to son Corey, ten, from her relationship with Darren Day – looks fantastic, but says her rapidly expanding shape at 15 weeks is taking some getting used to! "I've gained a stone already, it's ridiculous!" she laughs. 'And my boobs are huge – they've doubled in size!"

Suzanne, who's appeared in Emmerdale and Dancing On Ice, first shared the happy news with an online clip of Sam's reaction to the positive pregnancy test in February, and while he has a great relationship with Corey, he can't wait for the challenges of a newborn. 'It's something I'd wanted for ages,' Sam explains. 'I've learnt so much with Corey over the past couple of years, he's brilliant. I'm just going to rely on Suzy's experience for the baby bit!'

Here, Suzanne – who went through a divorce from DJ Jason King in 2012 – and Sam talk exclusively to *OK*! about the last few months, including pregnancy cravings, those Hilda moments, and postponing their wedding...

Congratulations on your pregnancy! How long did you keep it secret before telling Sam, Suzanne?

Sam: I haven't asked her that, actually! **Suzanne:** About two days. I'd taken the test, but then we had people staying — we had Noel [Sullivan, Hear'Say bandmate] over, actually. I told Sam when Noel left.

Did you start to guess, Sam?

Suzanne: You thought I was dumping you! Sam: I was actually really slow on the uptake. I thought she'd bought me a watch for Valentine's Day! But I couldn't believe it – it was something we wanted, but it was quite quick. Maybe a bit faster than anticipated [laughs]!

Were you trying? Suzanne: Yes, we were.

And it happened quite quickly?

Suzanne: Yeah, first try wasn't it, babe? Well done you [laughs]!

You had an early scan, didn't you?

Suzanne: We had the 12-week scan, but because we told people early, we also had an early scan. And I didn't feel pregnant, so I wanted to make sure something was actually in there! Everything's been normal and fine. **Sam:** There's a strong beating heart.

How did you feel when you saw it?

Sam: Amazing, it's like nothing else. I think it really hit home then. It was the heartbeat audio, it was incredible.

Was it hard to keep it secret early on?

Sam: It is difficult, there was no way we could keep it to ourselves. We left it about a week before telling Corey.

Suzanne: We were going to keep quiet a little longer, but I was showing really early and my mum was on the case.

Sam: We also had a couple of events and the no drinking thing would've been hard.

Suzanne: For some reason all my friends just couldn't believe that I'd be the designated driver and not drink! That says a lot about me, doesn't it?!

When did you start talking about wanting children together?

Sam: Pretty quickly, actually.

Suzanne: I think once we'd got engaged and marriage was on the horizon.

How are you feeling about first-time fatherhood, Sam?

Amazing. It's something I'd wanted for ages. I'd always wanted to be a youthful dad as



well, have a family and not be there with a baby under one arm and a walking stick in the other! I'd definitely always seen myself having children, I'm a real family man.

You're obviously close to Corey as well – did that make a difference?

Sam: Definitely, I've learnt so much with Corey over the past couple of years, he's brilliant and he's taught me a lot of new skills. I'm just going to rely on Suzy's experience for the baby bit!

Suzanne: I've forgotten it. It's been a long time!

Are you going to be getting your hands dirty with the nappies, Sam?

Definitely, absolutely. I'll be an expert.

How are you feeling about the actual birth? Sam: I want to be there. If Hilda's there I won't

[laughs]! It's one of those things you don't experience every day so I'd like to be involved.

Will you let him go down the business end, Suzanne?

[Laughs] Erm, I don't know. I'm really unsure whether to let him. No, I don't think I will!

Will you find out the sex beforehand? Both: No.

Did you with Corey, Suzanne?

I did and I really regretted it actually, because I felt like once I'd found out, it was like, oh I know that now. I think I would have liked to leave it till the end. Although it was good for preparation, I've always said I would never do that again.

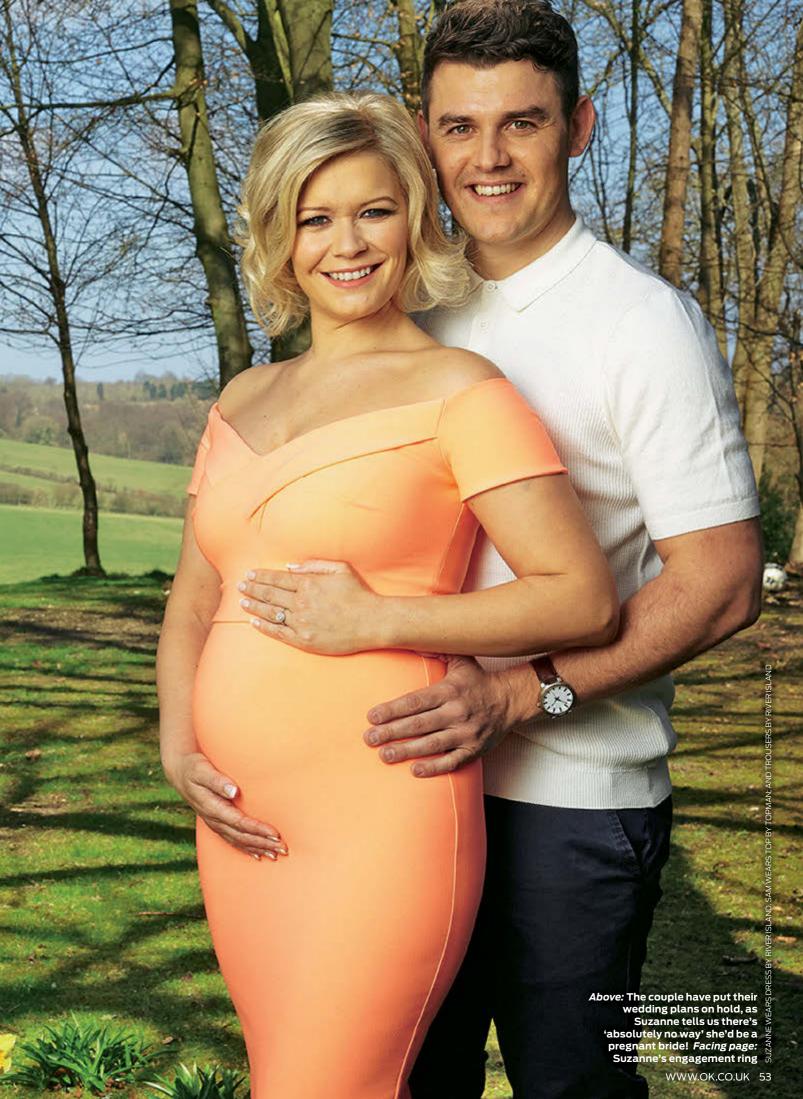
Do you have suspicions about the gender? Suzanne: I've been having the complete

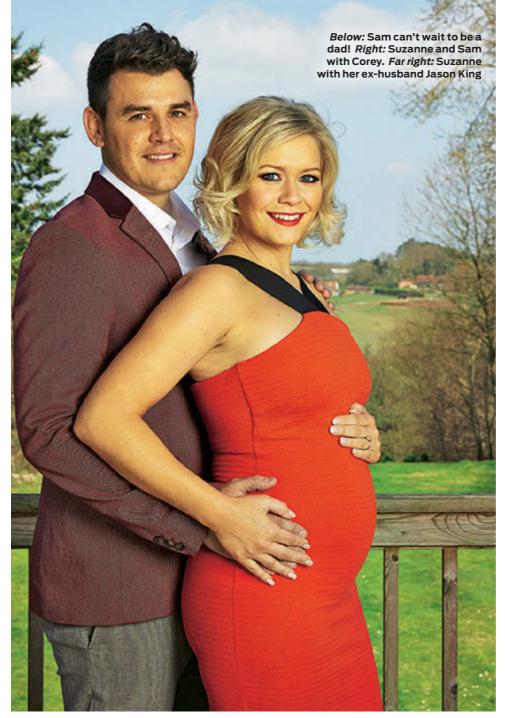
opposite pregnancy from what I had with Corey, so I assume that's a sign it's a girl. But I was convinced I was having a girl with Corey until they told me.

Sam: When we had the scan, we were really hoping he or she would be moving around quite a lot, but there was no movement whatsoever so we thought maybe it was a little lazy lad!

Are you learning a lot about pregnancy and babies now, Sam?

Yes, I get daily emails from a website with tips on how to treat the mother, and how not to annoy her, which is tough [laughs]! •





How has the pregnancy been so far compared to the first time?

Suzanne: I've not been sick. I was really poorly when I was pregnant with Corey, and in and out of hospital with urine infections. This time I've just been really, really moody!

Sam: I don't think you've been too bad. There have been times, but on the whole it's been quite a good process so far.

Suzanne: The videos [Suzanne's series of pregnancy vlogs] are obviously just heightened versions of what's actually going on.

Sam, how do you cope with the mood swings?

It's tough, it's really tough! I'm the sort of person who won't chat back, so I just try to agree with her and try to get into her head to know why it's happening. Or just walk away!

How about other symptoms? Do you have any cravings, Suzanne?

No, I've just wanted to eat everything! Although before I knew I was pregnant, I got up in the middle of the night and ate a jar of pickles! **Sam:** It's certain smells as well, isn't it? The other day I brought some daffodils into the house and she was like: 'Remove them!' She couldn't stand it!

You mentioned on your videos you're not fitting into your clothes now...

Yeah, it's a whole change of wardrobe! The bump is popping out much quicker. I've gained a stone already, it's ridiculous! And my boobs are huge — they've doubled in size! They're not as tender any more and it's calmed down, but literally it was getting to the point like, this is ridiculous now, stop growing! I'm really feeling my hips changing shape, I've had such bad back pain as well.

How are you feeling about your body changing?

I feel okay about it. I don't think it bothered me last time, although I was really lucky. What worries me this time is will I ping back into shape again? My mum keeps saying: 'Well I didn't with you!'

Did you do any particular exercise afterwards last time?

I actually didn't, I just really did ping back.

Is the weight gain about the same so far?

I remember not weighing myself last time, but I don't remember feeling this big this early on. I can't bring myself to say what I weigh now!





Do you have a fitness plan in mind afterwards?

I won't do much straight away. I think a lot of it is just being on your feet constantly with the baby, so hopefully that is going to help as much as last time, but if it doesn't, maybe I'll think about it in the New Year. I'm due in October, then it's Christmas so I'll eat all the pies then!

Do you exercise together now?

Sam: We like to go out for runs and walks. Suzanne: Now I've got my energy back a bit more I might start going to the gym a bit. I really want to do baby yoga as well. But so far I haven't done much, just little runs and the gym a couple of times.

Are you wearing maternity clothes yet?

I'm in between — my bump's not big enough for them, but I'm in some maternity tops. H&M have got some amazing leggings, I've been living in them the last few weeks.

Is it nice to have pregnant friends now, like your celebrity pal Samia Ghadie?

Yes, I was on my own last time! There's Samia, Adele Silva's just had a little girl, three of my cousins are pregnant, three of my friends. It's really nice. Before I didn't know anybody; none of my friends had been through it, none of my family in my generation had been through it, there was no one to give me advice apart from my mum, who couldn't remember!

With a lot of pregnant friends, are there possessiveness issues with names?

Well we're not discussing baby names now. We did, then the name got used so we're not discussing it! And that wasn't because we said anything to anybody, it just happened to go.

Sam: We decided that's a sign not to talk about it for a while!

Suzanne: Because if you set your heart on a name and it goes, you're gutted. And also I had completely different names for Corey and then I had to go back to the drawing board when he was born. You look at them and see what they look like. **Sam:** We occasionally hear a name on the TV and kind of look at each other and go, hmmm!

What was Corey's reaction to the news?

Suzanne: He's fine, he's really excited about it. **Sam:** He talks about it every day. He's been brilliant with Suzanne as well, asking if she needs anything, if she feels okay.

Is he excited about being a big brother?

Sam: He's really proud about that. **Suzanne:** Although he did say that we can't have

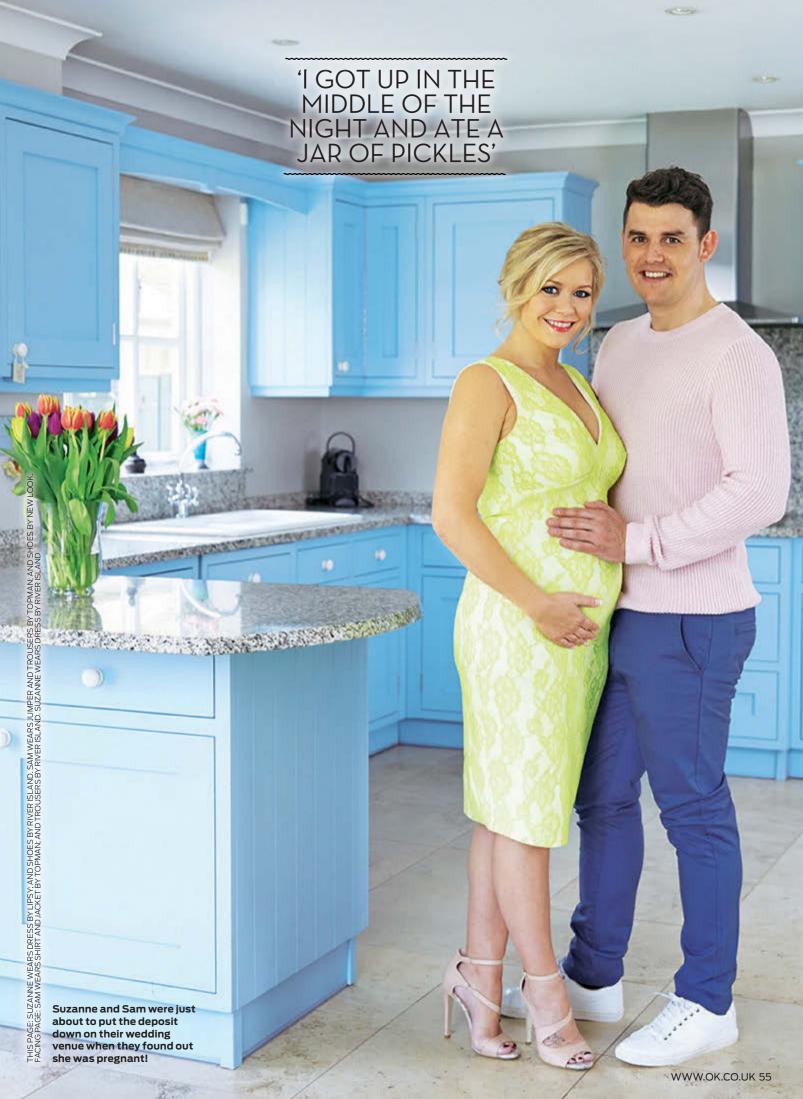
Suzanne: Although he did say that we can't have another one now! We were like: 'Oh right, okay!'

Does he want a brother or a sister?

Suzanne: At first he very much wanted a little girl, I think because there'd be more attention on another boy, but now he talks about both.

Do you think it's quite a good age gap as there'll be less jealousy?

Suzanne: Yeah, I think there won't be arguments or any of that. >





Sam: He's brilliant with younger children, he's really considerate.

Suzanne: Corey did say to me last night: 'So when the baby's born, does that mean I don't see my dad any more?' And I said: 'No! Why would you say that?' And he said: 'Because it'd be unfair on the baby that I have a separate dad.' I had to tell him it doesn't work like that! **Sam:** He so sensitive. He's really sweet.

With the gap in the pregnancies, does it feel like the first time, or are things coming back to you?

Suzanne: I can't really remember anything except I had a hideous pregnancy being really ill, so I suppose it is kind of like the first time!

Are you less nervous compared to first-timers? Suzanne: I think I'm more worried now because I'm older. I was only 23 and at that age you think you're invincible, you don't worry as much.

Do you think you'll be a different kind of mum in your thirties?

Suzanne: I'm hoping I still have the carefree attitude I had with Cor. He was always by my side, he went to work with me. Corey now is able to chat to anybody and be in any kind of environment. I'd like the same again, but I think I'd certainly try and make my life easier when it came to feeding and sleep routines — I'll be a bit stricter with that.

Do you feel prepared or are you just enjoying the early part?

Suzanne: I'm actually desperate to get on with the nursery, but you don't want to do it too soon because it's still early days. Once I'm past the second scan at 20 weeks, we'll crack on with it.

You've had a bit of upheaval in the last few years, Suzanne – do you feel like everything's levelled out now?

Yeah, it feels like everything's settled. I still struggle from time to time with losing my dad [in 2012 from a brain tumour], especially when things like this happen. There are moments when it still affects me. But in terms of when it was hideously all over the place, yeah it's nice to be here – to press that fast-forward button. My gut instinct was that the right person for me was out there.

Did you know as soon as you met?

Suzanne: Not when we first met, we'd been friends for a year, but yes when we started dating. **Sam:** We met when Suzanne's dad was really ill and just as friends, but we got to know each other really well in that year and then made it official, which I think is a good way of doing it. Things did go quite quickly, so I guess that's a good sign. I was 30, Suzanne was 31, we were at that stage where we wanted to settle down, too.

Wedding-wise, what happens now?

Suzanne: I don't know! We had it almost booked in for September 13! We'd chosen the venue, finally, after months of not being able to decide where. We made some phone calls and were about to ring the lady to put the deposit down and then it was bang, I'm pregnant.

You wouldn't consider taking your bump down the aisle?

Suzanne: No. Absolutely no way. **Sam:** With all the champagne around, it wouldn't be fair!

What kind of wedding do you want?

Sam: We'd done a lot of research already and we know exactly what kind of vibe we want, really relaxed. A lot is in place, it's just the date.

Suzanne: Rather than a traditional wedding, it'll be more like, let's have a party. We don't really like the idea of a sit-down wedding breakfast.

Sam: We want a hog roast or something like that. Chuck a few hay bales out!

Suzanne: It's hard to say what we definitely want before the baby's here.

Have you thought about a new date?

Suzanne: I think we still like September. We just need to figure out what year! I'd like next year but I don't want to pressure myself to be in shape, or force ourselves to do it when we don't know if the baby will be sleeping through by then or anything.

You got engaged in Dubai...

Sam: We were in this amazing hotel on the waterfront and the moment was just right after a lovely meal, a couple of bottles of champagne, everything was perfect. It was something we'd talked about so it wasn't necessarily a massive surprise, we just agreed to do it and then the following day we went to buy the ring. I'm rubbish when it comes to buying things for Suzanne.

Suzanne: He said it, not me! Sam: That being one of the biggest things to get right, I decided buying it together was the way forward!

Had you thought through how to do it? Sam: I'd been thinking about it for months - when we were in that moment it just felt right for us to do it.

Have you thought about wedding details, like the rings and the dress? Suzanne: Yeah, definitely.

Sam: We've already spent a few hours in

various jewellery stores.

Suzanne: I've tried on dresses, I've got an idea what I want. But I stopped trying them on when I started getting fat [laughs]!

What about bridesmaids?

Suzanne: I'm not going to have any. I'm just going to have little flower girls, though I told Noel [Sullivan] to be my maid of honour. I don't think he was too happy about it! Corey will be one of the main men. Sam: He'll be like my junior best man. My brother will be best man and so is Cor!

What made you want to do the Hormonal Hilda videos?

Suzanne: Before I found out I was pregnant I'd set up my own YouTube channel to do some sketch shows, so it was a direction I'd been thinking about anyway. My main thing was to find the comedy in day-to-day life – make people laugh because they recognise things. Then I found out I was pregnant and instead of doing the normal pregnancy blogs that hundreds of people do, I just thought I'd take the angle I was going to take anyway.

Have you had a good response?

Suzanne: It's been 90 per cent good, but like anything, like doing Dancing On Ice or being in Emmerdale, you're going have some saddos out there who thrive off being a bully online.

Sam: Suzanne's hardened to that, it's part of her job. Of course I feel protective but it's just the way it is. And 99 per cent of the feedback is very positive.

Suzanne: I think people relate to it and they're starting to give me stories and ideas, too - someone online was asking if I'd turned into the protective ninja over my bump yet, which loads of women do!





Are you enjoying it?

Suzanne: Yeah, and I'm still learning - I think I must be the oldest vlogger out there! I do feel like a bit of a dinosaur, but I'm really enjoying it. Normally I'd be in a theatre contract, but I've had to pull out of auditions so I need to be doing something with my time. I get really narky if I'm not busy!

Will you do something together?

Suzanne: It would be quite funny for Sam to do a little blog on how he's feeling about it all. Loads of guys who have watched it say they want Sam's point of view so maybe in a few weeks he'll do a little vlog - probably sobbing into the camera: 'I don't know what to do or say where's my fiancée gone?!'

What else is going on work-wise?

Suzanne: I'm writing at the minute, a script called Killing It. I did a pilot a few years ago so basically it's returning to that and changing it up a bit. It's a little bit like Psychoville meets Smash - murder mystery in the theatre! It's perfect falling pregnant now because I can devote a bit more time to pitching ideas and my aim now is to go down the writing/producing route. Although it's funny because all my scenes at the moment have been quite angry — I keep killing characters off immediately [laughs]! OK!

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FOLLOWING HIS VICTORY ON 'THE VOICE UK'

'MAROON 5 TWEETED ME – I COULDN'T BELIEVE IT!'

STEVIE McCRORIE TELLS OK!'S KIRSTY HATCHER HOW HE'S HANDLING FAME, WHY HIS WIFE AND DAUGHTER COME FIRST AND HOW HIS 'ROCK STAR' CELEBRATIONS LEAVE A LOT TO BE DESIRED...

hen we sit down for a cup of tea with *The Voice UK* winner Stevie McCrorie, it's clear to see how much winning the show means to the 30 year old. After a whirlwind few days following the show's final, the down-to-earth Scot – who was coached by Kaiser Chiefs frontman Ricky Wilson – is visibly overcome with emotion as he tells us how it feels to come out on top. 'I keep saying it, but it doesn't feel real,' smiles the star, who beat operatic singer Lucy O'Byrne in the show's nail-biting final. 'I'm used to having a day off at the weekends and going to my local pub and for a round of golf, but I guess I won't be doing that any more!'

The fireman, whose debut single *Lost Stars* was on its way to the top of the charts at the time of going to press, celebrated his win with his wife Amy, 28, mentor Ricky and Ricky's parents. However, he says he would have loved for his own dad Michael – who suffers from Parkinson's disease, and was unable to make the trip to London – to be there. Stevie and Amy – who he married in October 2014 and met nine years ago – have two-year-old daughter Bibi together, and Stevie confesses just how hard he's found being away from her. As he wells up when we mention her name, he tells *OK*!: 'I know I'll see her soon but it makes me emotional to think about it. I can't wait to see her.'

Aside from winning *The Voice UK* title, Stevie has also bagged an exclusive recording contract with Universal Music, but tells us that he's also

hoping to keep his job in Fife with the fire service on hold for 12 months in case things 'don't work out'.

Here, Stevie tells OK! about the winning feeling, his hospital dash with his wife Amy following the final, and why he's determined not to go the same way as previous winners of the show...

Congratulations on your win, Stevie! How does

It's just crazy! It's a whole different life to what I'm used to as a fireman and as a dad. I'm from a very small town and something like this has never happened to anyone like me.

What does Amy think about you winning?

She is so proud. As everybody saw in the final when Ricky brought her on stage, I nearly burst into tears when I saw her because I've missed her so much. I think Ricky did that because he wanted me to cry! I've never won anything before, not even a raffle prize. I've always had the raffle tickets in my hand thinking, please win, please win, so I think not winning all those raffles has finally paid off by winning *The Voice*. I did get stressed out during some stages of the competition and I probably wasn't a very nice person to be around, but Amy has been amazing.

How did you celebrate?

I will sound boring but I didn't really celebrate! Amy and I had a beer with Ricky and his mum and dad and then we went to the wrap party. I was so caught up in talking to everyone that after two and a half hours I realised I'd only drunk half my pint! I had to take a minute for myself and I found a spot where I just sat for five minutes and stared into thin air and tried to take it all in. How very rock star of me!

It was reported that Amy was rushed to hospital because she collapsed after the final. What happened?

She didn't collapse, we were in the hotel room after the wrap party and she had really bad stomach pains. I'd only been asleep an hour and then I could hear Amy was up. She was in a lot of pain so we called an ambulance to take her to

hospital. I don't know what it was, but they said it could have been stress or not eating properly. They checked her over at the hospital and gave her some painkillers. She's fine now, thankfully.

Do you feel like it was the stress of the show that brought on Amy's stomach cramps?

Maybe, but it could have been anything. It's just hard because obviously I want to be there for her and it did really scare me. It was a reality check and put my feet straight back on the ground. One minute you've won *The Voice* and the next minute I was like, wait, family is more important. I would give all this up for Amy and Bibi if that's what Amy

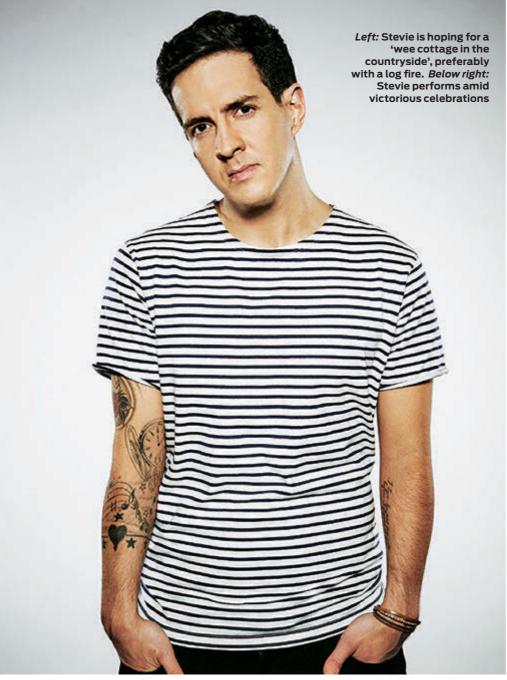
wanted, but thankfully she's supportive.

How are you coping with the pressure that comes with winning?

It is quite scary at times. It wouldn't be as scary if I didn't have a family, but I do. Now I've won I still feel like the same person who entered the show. and to cope with this situation I need to stay that way. I'm not going to be able to make a living off being the winner of The Voice, I want to make a living off being Stevie McCrorie who's a singer, so I've just got to keep my feet on the ground and get working on an album.







How hard has it been being away from Amy and Bibi?

I have struggled being away from them. I've been with Bibi almost every day of her life, apart from when I was training to be a fireman, and even then I only spent four days away from her. I do feel like I've missed out on a part of her growing up, it's been really hard.

Do you worry about being away from them if your career does take off?

I do, but then I think about how amazing technology is and how easy it is to get planes and trains nowadays. The dream is that I work hard and I give them a better life. We've got a good life now and so it is a risk, but it's a risk that I might give her an even better life. Life is short, and even if the fire service does give me a career break, this is something I couldn't not take the risk over. It's hard to even think about it, but if I do well and succeed then the life I could give them could be amazing. Then I could get my log fire!

So will you buy a new house with a log fire?

I hope so! I need to do it for Amy. We have an ex council house at the moment, so if we get a new one it will be a way for me to show Amy that me being away was all worth it. She needs to see something as well because she's back home working as a nail technician and being a mum

and she's allowed me to go and do this and has never put any pressure on me. I would love for us to have a nice, wee cottage in the countryside.

Will you move down to London?

I would like to stay in Clackmannanshire because it's a beautiful place. We live right in front of some hills and there's a glen. I'd rather commute and then come home to be with Amy and Bibi in a nice, relaxed atmosphere. With technology and transport I can hopefully record all of the music up in Scotland. I'm sure the record label will understand because I did go into the show as a family man.

And you've also discussed keeping your job in the fire service on hold for 12 months...

That's what I'm hoping! I want to give it a crack for a year and then see how it goes. I think it's a sensible thing to do and I'm hoping that they do that for me because it's a tough industry and I do have a family to think about. There are singers who've been out there and had amazing hits and now they are nowhere to be seen, so that does worry me.

Do you find it strange that a winner of the show has never released a single straight away?

Yeah, and I think that's what it needed. I mean, who am I to say that, I'm just a normal guy, but

I've always watched the show and thought it was a good idea to release a single. It's something else other than winning to talk about and helps you kick-start your career. Plus, there might be people who didn't even watch the show who might hear the song on the radio and then become a fan, so it's opening it up to more people.

Do you think releasing the single will help you be more successful than previous winners of the show?

I think so, definitely. Ultimately when you win a competition you need something to show for it, so I think the single is a good start to it. I've been overwhelmed by how well it's doing.

What will you do to ensure you don't suffer from *The Voice* curse?

I've done all the circuits and the dirty gigs to get here and I've really worked for it. Maybe sometimes people lose sight of things and remind themselves too much that they're a winner, and although you have won the show this is just the stage to a bigger stage. If you look at the male artists in the industry that I have to compete with, I've not exactly got an easy job on my hands! Even if I don't become a massive star but I can provide a nice living and get nice things in life for my family, then that is success to me.

How will you feel if the single goes to number one in the official charts?

Even to be number one for a few days has been amazing, and even if I just stay in the top ten then I'll be overwhelmed. It's a great start! It could have gone in at number 40 so to be number one midweek is a dream.

Have any celebrities contacted you since you won?

Yeah, Maroon 5 tweeted me! I couldn't believe it. I just stared at my phone for a while. They said they were proud that Adam's song was chosen to be the winner's single. I've had so many nice messages as well, I think I need to employ someone to go through them!



Do you feel like you've got a friend for life in your mentor Ricky?

Yeah, absolutely. He really looks out for me. He came on *The One Show* with me earlier in the week and he didn't have to do that. I felt quite sad when he introduced me for the last time. He said to me: 'I'm going on holiday for a bit but my phone will be on if you need anything, morning or night, or if everything is getting too much for you then you just need to call me.' He gave me some really great advice.

What did he say to you?

The best piece of advice he gave me was that Amy is the most important person. It sounds so simple but it's so important and he didn't have to do that. He said I wouldn't have been able to do any of this without Amy and he's completely right.

STEVIE'S SINGLE, 'LOST STARS', IS OUT NOW.

TWITTER.COM/KIRSTY_HATCHER PHOTOGRAPHS BY BBC PICTURES, MARK MANIZ











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INSIDE HER DOWNING STREET HOME

'IVAN WAS A GREAT GIFT IN OUR LIVES'

AS THE COUNTRY GEARS UP FOR A GENERAL ELECTION, PRIME MINISTER'S WIFE SAMANTHA CAMERON REVEALS DAVID'S BAD HABITS AND HOW THE DEATH OF THEIR SON BROUGHT THE COUPLE CLOSER TOGETHER

t's been five years since Prime Minister David Cameron moved his family into the apartment above 11 Downing Street and, despite its challenges, his wife Samantha Cameron has made living next door to the most important office in the land as family friendly as possible.

The heavily guarded residence is usually the one place the Camerons can expect total privacy, but in the run up to May's general election, Sam has allowed the public a glimpse inside.

The heartbeat of the home is a large dining table where Samantha, David and their children – Nancy, 11, Arthur Elwen, nine, and Florence, four – eat their breakfast porridge served with maple syrup, while the PM's red box of cabinet papers sits open on their bright yellow sofa.

It's Sam who keeps the household running. 'Historically I'm the one with the drill,' she says, which is a surprise considering her background is pure blue blood. Sam's father is Sir Reginald Sheffield, 8th Baronet and her stepfather is Lord Astor of Cliveden.

But Sam is full of surprises – she has a dolphin tattoo on her right foot,

shares videos, food, fashion and travel tips on Pinterest and Facebook and listens to Radio 4 in the morning before switching over to 6 Music. But, more revealing, is that, for the first time, since her husband became PM, the slender 43 year old has decided to share her most painful memory — the death of their disabled six-year-old son Ivan in 2009, a year before David became PM.

Ivan, who suffered from Ohtahara syndrome, which brings on severe epilepsy and cerebral palsy, is still very much loved and missed. 'Looking after a disabled child pushes you to the limits of what you can cope with - physically and emotionally. It's because there's this baby, this child that you love more than you can possibly imagine, in some way more than a normal child because you worry about them 24 hours a day. But, at the same time, you're so, so proud of them,' she says in the interview for the Mail On Sunday's You magazine where these pictures first appeared.

Ivan's condition wasn't immediately diagnosed and, when it was, it came as a huge shock. 'It changes your life forever. It's tough, lonely and isolating initially. You're



living in a completely different world to your friends who've had babies at the same time. You're suddenly in this weird world of doctors and social services. You know your child is never going to meet the normal milestones.'

Sam is naturally still emotional as she talks about her son. 'He was very beautiful, one of the great gifts in our lives. A day when you haven't been to hospital, a day when he smiled or a day when you haven't cried

becomes the most amazing day. You get pride and joy out of the tiniest little kind of triumph. Ivan gave us that every day.'

Sam admits that it brought her closer to her husband of 18 years. They only found out about Ivan's condition after his birth by Caesarean section. 'Yes, when Ivan was born, it was heartbreaking, but Dave was amazing. He was never anything but optimistic.'

Despite their life in the spotlight, the Camerons do more normal things than you might imagine, such as baking, trips to the cinema and bike rides, but David's job means that life is never dull. 'I remember once, at three or four in the morning – we were in bed together – when the phone rang,' says Sam. 'The switch [as the Number 10 switchboard is known] said: "We've got the President of the United States on the line for you." And it was [Barack] Obama calling to tell Dave that Osama bin Laden had been killed.'

And there have been visits to Washington DC to meet President Obama and his wife Michelle, where they were invited to the couple's private apartment. Despite her privileged background, Sam still gets overwhelmed, admitting: 'There we were, having a drink with them looking at the amazing view. You're like, oh gosh.'

But, like any other married couple, they also have their points of difference. While she admits that David is a good cook, she also revealed he's not perfect: 'He's messy with his clothes. Because we've been together for 23 years and I do most of the shopping, like most men, he clings on to his old favourites and frayed shirts till they're sort of falling apart, so I have to be callous and refresh the wardrobe. And he surfs the TV channels, too.'

Below: Elwen and Nancy on the steps of Number 10. Below right: Florence climbs into the Red Box





PHOTOGRAPHS BY RICK PUSHINSKY FOR 'YOU MAGAZINE'/'MAIL ON SUNDAY', TOM STODDART/GETTY IMAGES REPORT-AGE, I-IMAGES, REX,







'PEOPLE ASK ME TO PUNCH THEM'

SYLVESTER STALLONE TELLS OK! ABOUT LOYAL FANS, BEING A ROMANTIC HUSBAND AND NOT WANTING HIS THREE DAUGHTERS TO START DATING

ylvester Stallone will be remembered for many things. A mumbling man mountain with rippling brawn, the most famous bandana in movie history, an inability to say no to a sequel – or ten – and a mum who's the stuff of Celebrity Big Brother legend. However, being a model father-in-law is not one of them. 'I told my three daughters they weren't allowed to date until their mid-40s but that's not going down well,' the 68-year-old Hollywood beefcake tells us. 'I've finally met Sophia's first boyfriend. He's 18. We shook hands and I said: "No, you've got to learn how to squeeze harder than that, pal." We got into a hand-squeezing battle!'

But Sly, who lives in Los Angeles with his wife of 18 years Jennifer Flavin and teenage daughters Sophia, 18, Sistine, 16, and 13-year-old Scarlet, insists he's nothing but a big softie.

Today, the star of *Rocky*, *Rambo* and *The Expendables*, whose 1997 wedding was covered exclusively in *OK*!, is earning his bread in Bolton – a place he calls 'action packed' – to shoot a Warburtons advert. We talk to him about bravado, punching fans and why he's banished from his daughters' school...

You're still in great shape how hard are the workouts these days?

I overdid it when I was young and you pay for it when you get older, so I've got torn joints, bad shoulders, a bad neck, a bad back. I've changed my workout so it's circuit training, and I use my own body weight to extremes. I think it's great that women are into building strength these days and not just losing weight. Cross fitness has become a phenomenon. I wish we had it 25 years ago.

Which celebrity friends do you sweat it out with down at Muscle Beach in LA?

I've been down there with Arnold [Schwarzenegger] and Franco Columbu, who was Mr Universe. I work out with world-class basketball players and Tom Brady, who is maybe the greatest [American football] quarterback who ever lived.

Are you all competitive with each other?

No, I learnt my lessons – don't mess with professional athletes. They have unbelievable competitiveness. They run on the treadmill until their legs explode just to beat you.

Last year we saw pictures of your mum Jackie lifting weights at 93. Does she push herself hard?

Yeah, maybe it's genetic because her father did the same thing. I'm so proud of her, I think it's pretty extraordinary what she's done. She tends to reinvent her life and she's always travelling non-stop.

What's been your craziest fan moment over the years? Has it happened in Bolton?

[Laughs] I'm always amazed by how much people are dedicated to

Rocky, with pictures of Rocky tattooed on them. Those fans have more boxing equipment than I have.

Has anyone ever asked you to punch them?! All the time.

Do you oblige?

Oh yeah, many times. Of course! Why look a gift horse in the mouth?

Have you ever really injured anyone?

Yeah! They say: 'Come on, do it.' I start to say: 'Oh no, I can't do this.' They usually lower their guard and then I let them have it in the shoulder. Bang! They're like: 'Ow!' Then I say: 'What did you think was going to happen?'

You've admitted to getting tattoos to cover your scars. Are any of them in secret places?

[Laughs] No just birthmarks, but thanks for asking!

Do you want any more tattoos?

No, I'm done. I'm trying to invent a way to reverse it. Tattoo removal is archaic – they fry you. There must be a paint remover – it can't be that difficult!

Are you a very romantic husband?

Very much. A week ago I said:

'Just decorate everything in the home all perfect for you.' When I decorate my house it ends up looking like the Batcave – kind of heavy with sledgehammers in the living room. I said: 'I've had it this way for 20 years, it's your turn.'

Are your three daughters all daddy's girls?

They're amazing. Because their mother has dedicated so much time to



Right: Sly says he's an unusual choice for the

Warburtons advert 'but that's what makes it

interesting'. Below: Sly's OK! wedding in 1997

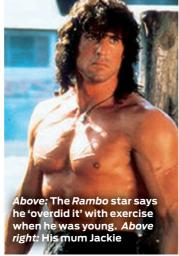


them they're all superior students, which is shocking considering they're Stallones who made an art form out of truancy. One is starting to model, the other is going to college and the other is a little elf running around.

Are you still an embarrassing dad to them?

Very! If I'm within a mile of them it's like: 'Dad, can you please wear a disguise?' I say: 'Can I drop you off at school?' They say: 'No, we're going to take the bus.' Everyone at their school is happy to see me but







them. But it happens with celebrity parents. I'm going to go dressed as Michael Douglas next time!

When did your daughters realise you were going to make their boyfriends' lives hell?

The first time a boy called Sophia was when she was 14. I realised I wasn't going to be an accepting father. He said: 'Where's Sophia?' I said: 'She's in Egypt and she'll be there forever.' Everyone started yelling at me.

Is there one person you haven't met yet who you'd love to?

I've met just about everybody but I'd have liked to have met Winston Churchill.

What would you have said to him?

'You're right! You're right about everything!'

Who have been the most difficult actors to work with?

All actors are a little off-centre. They're not regular folk – they're very sensitive, malleable and impressionable. They have mood swings at times. The beauty of a good actor is that you can swing those moods when the camera requires. Actors have big egos but quite often it's in a 'he doth protest too much' kind of way.

'I'M ALWAYS AMAZED BY HOW MUCH PEOPLE ARE DEDICATED TO "ROCKY"

When was the last time your ego got the better of you?

About three minutes ago. I said: 'What? An interview with who?' I'm kidding.

Cheeky! You've been Oscar-nominated but never won. Would you still like to win an Oscar?

It depends on the mood of Hollywood, it's a cyclic thing. Eventually, if you're around long enough, you get appreciated for longevity, which to me is the greatest Oscar of all — working and providing entertainment.

They're looking for a new James Bond. Fancy it?

Oh my God, maybe Jane Bond. I don't think James would work.

How's your English accent?

It's not worthy of the kingdom.

Your latest role is in a Warburtons advert. What's your favourite sandwich filling?

I have a chicken salad sandwich almost every day. It's great I've been chosen for the Warburtons campaign. I'm an unusual choice but that's what makes it such an interesting commercial. It's a real contrast.

Finally, will you ever retire?

Never. Not willingly!

SYLVESTER STALLONE HAS TEAMED UP WITH WARBURTONS ON ITS BRAND NEW AD CAMPAIGN 'THE DELWERERS', WHICH SHOWS THE GREAT LENGTHS AND CARE WARBURTONS GOES TO DELIVER TWO MILLION FRESH LOAVES TO FAMILIES EVERY DAY. WATCH THE NEW AD AT WWW.YOUTUBE.COM/WARBURTONSUK.

INTERVIEW BY LIZZY PRICE PHOTOGRAPHS BY GETTY IMAGES, PLANET PHOTOS, REX



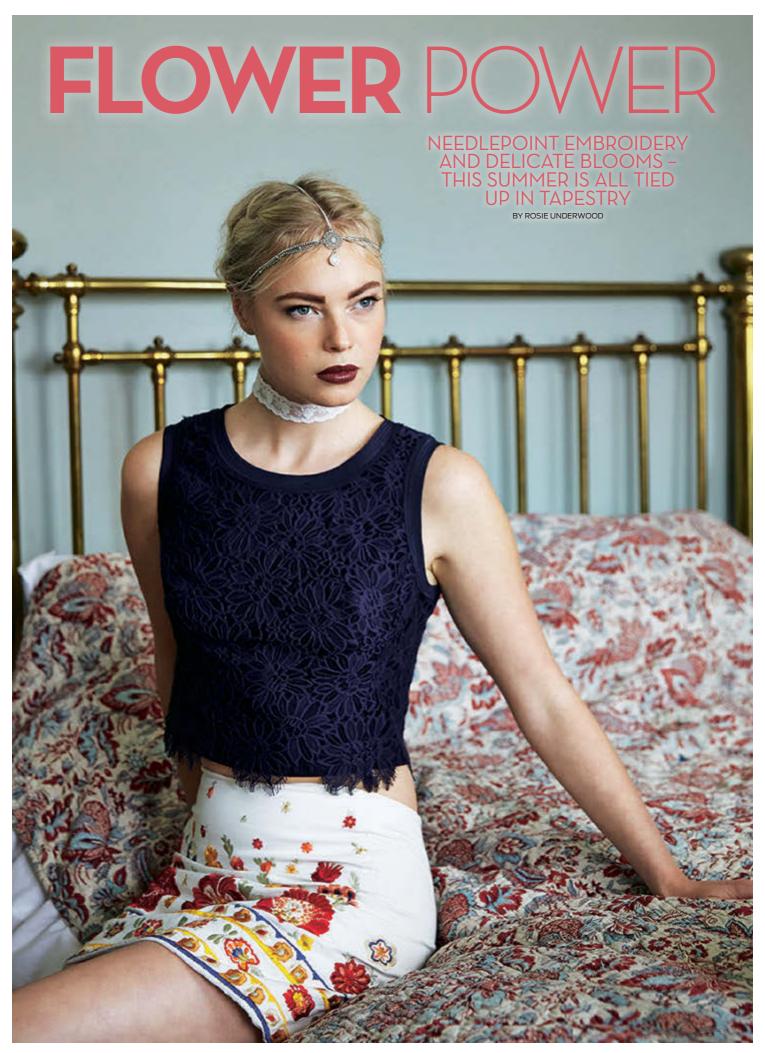
Top **£25**Trousers **£30**

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DREAMY DENIM

Another day, another win in the style stakes for Myleene Klass. The radio and TV personality looked effortlessly cool in a Levi's shirt, distressed boyfriend jeans, leopard print coat and nude Christian Louboutin heels. We're loving this double denim look!



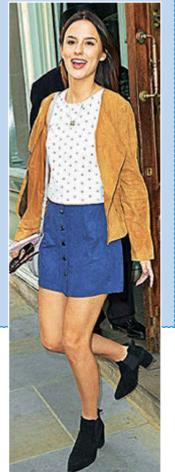


ANCHORS AWAY

With the launch of her new blog, Lucy Watson is constantly on the go and always looks good. The *Made In Chelsea* star opted to show off her toned legs in a blue A-line mini skirt teamed with a suede jacket and black boots, but it's her anchor top we're crushing on.



Top, £32, Louche at Joy



CELEBRITY

MUST-HAVES

GET INSPIRATION FROM THE LATEST SUPERSTAR PICKS



MAN, FERNE HAS STYLE!

Since appearing on TOWIE, Ferne McCann has grown in terms of style and continues to get it spot on. The reality star looked chic in a leather jacket, grey roll neck, tailored tartan trousers from Pretty Little Thing and a Chanel tote. She knows how to rock an androgynous look!







Dress, £190, The Jetset Diaries at Asos

MILLIE'S A BOHO BABE

Former MIC star Millie Mackintosh headed to sunny Marrakech for a pal's hen party and looked super-stylish in a series of boho-inspired outfits. Wearing a floor-length flowing blue print dress with cutout detail, the fashionista accessorised with large round sunnies. So chic!

WIN A TRIP TO THE L.A. PREMIERE OF PITCH PERFECT 2!

GET YOUR PITCH FACE ON

hey came, they sang, they conquered – and now the Barden Bellas are back in Pitch Perfect 2, the follow-up to the original smash hit that had us singing and laughing all the way to the cinema.

The good news is that all your favourites are returning for the second round – including Anna Kendrick, Skylar Astin, the hilarious Rebel Wilson, Brittany Snow, Adam DeVine and Elizabeth Banks, who not only plays Gail Abernathy-McKadden but is also the Director and Producer of the hit movie.

The winning formula — archetypal misfits, firm friendships and hilarious gags — is set to be every bit as brilliant, which, naturally, is set against the backdrop of music we know, love and can't wait to sing along with.





Upload your best group selfie using #PitchPerfect2Selfie and tag

@OK_Magazine for your chance to win!

WIN! WIN! WIN!

To celebrate, OK! Magazine is offering one lucky reader and a friend the chance to fly to Los Angeles to attend the spectacular premiere of this fantastic movie. Prizes don't get better than this! Your night to remember begins with a fabulous acapella performance. Then you'll walk the red carpet as you make your entrance to the cinema. Revel in the excitement with front row access to the movie stars and filmmakers as they greet the fans, before you head in to see the premiere screening of Pitch Perfect 2 for yourself.

To be in the running for this once-in-a-lifetime trip, simply grab your Bellas and show us your "Pitch face" – that's your best group selfie shot– and upload it to Facebook or Twitter using

#PitchPerfect2Selfie. Don't forget to tag **@OK_Magazine** to ensure your entry counts!

THE PERFECT PRIZE

The trip for 2 includes:

- 2 tickets to the LA Premiere in May
- Four night stay at the Loews Hollywood Hotel with breakfast
- Return private airport-hotel transfers and flights
- Travel insurance

*To win this prize you must be available 7th -12th May 2015. For terms and conditions visit www.ok.co.uk/pitchperfect2

MAD FOR MICHELLE

WITH OK! FASHION & BEAUTY DIRECTOR ROSIE UNDERWOOD

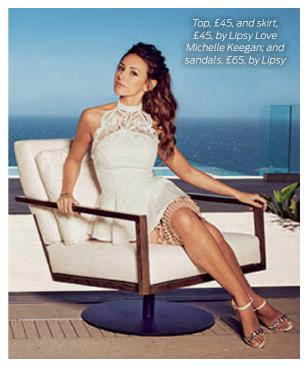
etween fronting beauty campaigns, starring in BBC drama *Ordinary Lies* and planning her impending nuptials to a certain

Mark Wright, Michelle Keegan has still managed to find time to release the latest instalment of her Lipsy collection for high summer. 'Lace is a key fabric for this collection,' she told *OK*!. 'I love placing it on dresses to shape and contour the silhouette.' If her design skills are anything to go by, it looks like the northern belle's going to make a stunning bride!









MINNIE MAY

It won't be the first time we've seen Minnie Mouse work as a fashion muse — only last week, she donned a fuchsia dress for OK!'s shoot at Disneyland Paris — and now Georgia May Jagger has been given a Minnie makeover for Dazed & Confused magazine! The



photos form part of a 'Minnie style' exhibition for September's London Fashion Week, curated by Georgia herself. 'I've always been a Minnie fan,' the model told OK!. 'So I'm really excited to be working on this campaign, showing how pop culture can influence fashion in a way that encourages excitement and creativity.' To share your interpretation of Minnie style, tweet or Instagram using the hashtag #minniestyleuk.



KENDALL'S KAMPAIGN

There's no question that Calvin Klein campaigns are iconic. Now Kendall Jenner has bagged herself the Calvin crown for the latest Calvin Klein Jeans collection, exclusive to Selfridges. The limited edition range features updated classics like jeans, sweatshirts and sporty separates. 'I've grown up wearing the brand and seeing the iconic advertising,' said Kendall. 'To now be a part of that legacy is truly an honour.'







CHARLOTTE TILBURY BEACH STICK, £30 When this bad boy launched last summer, it didn't leave my side from beach to bar. It accompanied me into many a festival toilet for emergency touch-ups and was even glued to me when I was forced to ditch all other cosmetics for a hike in Laurel Canyon, California. The Beach Stick works from lip to cheek, for contouring that natural sun-kissed, dewy finish the A-list are hooked on. I'm stocking up for this summer's

antics ASAP!

THIS WORKS **ENERGY BANK SUN** FLASH, £28 Since the clocks changed a few weeks back I've

been struggling to get my body clock

I've been thanking

my lucky stars This Works launched its

new Energy Bank range. Sun Flash which is enriched

with vitamins and

hvaluronic acid -

has successfully

plumped my skin

as well as giving it

a radiant glow. It's

the gift that keeps

on giving!

back in sync, so

AKE IT, BABY!



OK!'S FASHION AND **BEAUTY DIRECTOR** ROSIE UNDERWOOD **TESTS THIS SEASON'S** GLOW-GIVING TREATS

VITA LIBERATA TRYSTAL SELF. TAN BRONZING MINERALS. £35 The first of its kind and a game changer for the beauty industry. By combining pure mineral crystals with DHA, Vita Liberata has created a loose bronzing powder that creates a natural tan that lasts for up to five days. The product eliminates the problem of uneven selftanning patches and the specially designed brush aids effortless contouring.

thisworks 30ml Ciffoz

XEN-TAN TRANSFORM **LUXE DAILY** SELF-TAN, £20.75

Spray tan artist to the stars James Harknett first converted me to the world of fake tanning with his love of Xen-Tan almost five years ago. He applied the product once and that was it, I was back for a tan with James every month! To this day Xen is still mv number one – it won't streak, it smells good, it's easy to apply and, when it comes to gradual tanners, this one delivers an even finish from head to toe without a hitch!

TRANSFORM LUXE daily self-tan

LIGHT/MEDILO MALE LÉGER/MODE

MICHAEL KORS HYDRATING BRONZE GEL CREME, £25 I use

this gel instead of a BB cream, mainly because it does a great job of quenching thirsty skin as well as giving it a beautiful bronzed glow, thanks to the illuminating pearl particles in its formula. Finish with a light dusting of a bronzing powder and you're good to glow!



BENEFIT HOOLA BRONZING POWDER, £23.50

I never get tired of sampling new bronzers, but I gave into the hype of Hoola many moons ago and I'm guilty as charged for never looking back. The matte finish lasts all day and the colour blends to work with pretty much all skin tones. Simply tap off any excess powder from the brush and dust across the chin, forehead and cheeks for an all-over golden glow.



great reasons why
becoming a Consultant with
The Body Shop At Home™
could be your dream job!

All you need to bring is a passion for gorgeous products and, of course, a love of partying.

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'I HIT A GLASS CEILING IN THE UK'

KELLY BROOK TALKS TO OK! ABOUT HER MOVE FROM LONDON TO LOS ANGELES, MIXING ACTING WITH MODELLING AND WHY SHE NOW LIVES IN HER GYM CLOTHES...

elly Brook is currently on a career high. She's achieved her life-long ambition of starring in an American sitcom – One Big Happy, which is produced by talk show host Ellen DeGeneres – and has now truly settled into her new life in sunny Los Angeles.

The actress, who is also the first non-American brand ambassador for Skechers trainers, has clearly embraced the healthy Californian lifestyle, working out regularly and sticking to the Atkins diet since the beginning of the year.

Sitting down with OK! in a private room within Westfield Stratford City's Sky Bar, Kelly certainly looks the part, showing off the results of her hard work in a revealing double-denim ensemble and sporting an all-American tan.

Here, the 35 year old talks to *OK*! about her life in Hollywood, her style and why she never wears make-up to the gym...

You look fantastic right now! Are you on a massive health kick?

I've been doing the Atkins Nutritional Approach [eating plan] since January. It's low-carb and low-sugar and has been great for me. I'm also working out three to four times a week.

Does living in the sunshine inspire you to stay in shape?

I don't feel under pressure from other people but I do feel like I want to better myself. I'm more conscious of working out and eating better because obviously the lifestyle in LA is so conducive to that. You're always in little outfits and you see your body more.

What's your favourite part of your body?

I guess I always emphasise my waist because that's the smallest part! I like anything that makes me look curvy or cinches in at my waist.



Do you think about how you are going to look while you work out?

I think about it a lot more than I used to, because I spend so much time in gym clothes now. It's nice after a workout, if you want to have a coffee or go shopping, that you are still looking quite fashionable!

Are you the kind of girl who wears make-up to the gym?

No, never. You've seen the pictures! My flatmate Natalie [Loren, who is also an actress] wears a full face of make-up every day to the gym. I don't know how she does it, but she is committed.

How is her make-up not down her neck by the end of the workout?!

I don't know — it doesn't even move! I can't wear it, though, I like my skin to breathe when I'm exercising.

'I LOVE WORKING IN AMERICA... I JUST WANTED TO DO DIFFERENT THINGS'

How would you describe your sense of style in general?

When I'm in LA, it's very casual. Kind of California beachy and loose. But when I'm in London it's a bit more formal. It's cold here [in the UK], isn't it? So I need a few more layers.

Is there a difference in fashion between LA and the UK?

Yes! When I put a pink sweatshirt on the other day to go to Barry's Bootcamp, I looked like I was still in LA with my sun tan! I was walking down Charlotte Street in London thinking, I really stand out. I shouldn't be wearing this. It was warm, but so colourful!

Are you happy with the balance of modelling to TV work you're doing now? Absolutely. I love working in America. I've got my TV show, One Big Happy, and now Skechers, too. It's been nice to go overseas and do things on a more international scale.

Was that one of the reasons you moved to Los Angeles?

I felt like I hit a glass ceiling here. I just wanted to go somewhere else and do different things.

Do you know if there will be another season of One Big Happy?

It's not been commissioned yet but the network is happy with the numbers. We won't know until May but I would love to do another season, so fingers crossed!

Tell us about your involvement with Skechers...

I'm the face of their Memory Foam trainers. It's amazing because it's such a global brand and I'm flattered to be their first non-American ambassador. So my involvement is just that I wear them all the time!

Were you a fan beforehand?

Yes. I approached them originally to talk about collaborating and our relationship developed over time. They started sending me nice trainers to wear and luckily enough, I was able to do

this campaign.

What do you love about the brand?

Firstly, I love that it is a family business. I've met everyone who works there and it feels like a really nice company to work for. I also love the style of the shoes. They're really fashionable, fun and colourful. I also love fitness and healthy living so I guess I love everything that the brand stands for.

TURN TO PAGE 108 FOR MORE PHOTOS OF KELLY AT THE UK LAUNCH OF SKECHERS MEMORY FOAM TRAINERS.

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INTERVIEW BY AMY SWALES EDITED BY LISA MARKS PHOTOGRAPHS BY EXPRESS NEWSPAPERS, JAB PROMOTIONS, NBC/PLANET PHOTOS





ENJOYING A FAMILY GETAWAY TO THE COUNTRY

'I KNEW SOMETHING WAS WRONG - IT'S MOTHER'S INSTINCT'

MICHELLE HEATON TALKS TO OK!'S PHIL GOULD ABOUT TODDLER AJ'S RECOVERY FROM VIRAL MENINGITIS, HOW SHE'S ADAPTING TO LIFE AFTER HER HYSTERECTOMY, AND DATE NIGHTS WITH HUSBAND HUGH HANLEY

verybody knows that a weekend away can help recharge your batteries. So, as her son Aaron Jay Hanley – better known as AJ – recently celebrated his first birthday, Michelle Heaton thought there would be nothing better than a family trip to the country. The quartet of Michelle, 35, husband Hugh Hanley, 36, their daughter Faith, three, and AJ, all enjoyed a couple of days' stay at the gorgeous Hanbury Manor in Hertfordshire.

The trip was all the more poignant because AJ was diagnosed with viral meningitis when he was just six weeks old – and for a few agonising days, Michelle and Hugh sat at his bedside wondering if their precious newborn was going to pull through. For the first time ever, here Michelle shares the dramatic story about AJ's dash to the hospital, including the heart-stopping moment they were wrongly told he had meningococcal disease, the deadliest strain of meningitis.

Thankfully, AJ got the all-clear in February and when OK! caught up with Michelle, she was looking forward to a weekend relaxing, although she joked: 'It's as relaxing as a spa weekend can be with two kids!' The mini-break was well timed, as she has just started training to take part in a gruelling seven-day trek across Morocco. Here, she reveals more about AJ's health battle, how she's learning to live with the early menopause and how Faith seems to be a chip off the old block, as she turns into something of a diva...

AJ turned one recently. What did you do to celebrate the occasion?

We had a small party at our house. Just family and friends, nothing major. I don't think he had much idea what was going on. I think Faith was more excited. She got really upset when we told her not to open the presents. We got her a present from AJ. She understood it wasn't her birthday but felt the need to open all the presents! There was definitely a strop or two because it was all about AJ.

How is AJ changing?

He is the best child ever. He gets a little needy but he is so loving. He is just incredible. People say he is the cuddliest and most friendly child ever. Considering he had a setback at the beginning – he is two grades below where he should be growthwise, because of the meningitis – you would never know. I am totally, madly in love with him.

AJ was very poorly when he was just six weeks old – take us back to when you thought he might be seriously ill...

He had been sick earlier that day and I thought he'd had a bit of reflux. He didn't have a temperature or a rash, I just had a feeling something was wrong — call it mother's instinct. Because it was Sunday, the doctor's surgery wasn't open so we drove to Watford General A&E and waited about half an hour to see someone. By the time we saw the nurse, his temperature was in the 40s. She called another doctor immediately and they diagnosed him on the spot with meningitis. He was limp and unresponsive, but because he didn't have a rash the only way to determine it absolutely was to do a lumbar puncture test, so they took him away to do that.

That must have been excruciating for you and Hugh...

They don't let parents in because it has to be done there and then, and there's no anaesthetic — it's a needle in the spine. I know how much it hurts from having a Caesarean, so I can't imagine what it feels like for a newborn. We could hear him crying in the other room. It was so hard. I wanted them to do it because he needed to get better, I just didn't want him to have to go through the pain. They knew it was meningitis but not what type — it could have been bacterial or viral — so they treat all babies as if it's bacterial just in case [viral meningitis is less serious than bacterial].

What happened after AJ was admitted to the hospital?



We were in the isolation unit for four days and it was the longest four days of our lives. That was definitely my worst time. He was discharged and we waited seven days to get the full results, but there was a mix up transporting the blood samples. One of the samples, from a child with a very bad form of meningococcal meningitis, infected the other nine samples. We were told that AJ had it and that it was very contagious, and that the whole family needed to be immunised and to expect the worst. An hour later we got a call from the Department Of Health telling us it was a mix up and that AJ actually had viral meningitis. It was a huge relief but for that one hour - and believe me it was the longest hour – we were all panicking and ringing everyone who had been in contact with AJ, telling them to get immunised.

Does AJ still need check-ups?

He got the all-clear in February, about five days before his birthday, and is very healthy and a good weight. They discharged him from the meningitis unit, which is great. All that will happen now is that when he goes for his development checkups they will have a note in his book saying they should pay special attention to his learning.

Could he be affected by it when he gets older?

There is still a possibility that it might have affected his learning habits. He could have dyslexia or slower speech development – or not – but the doctors are confident that he hasn't been affected because of the speed with which it was treated

Is he sleeping through the night?

He is brilliant. He goes to sleep at 6.30pm and then sleeps through until 5.30am. That is amazing. We don't have to get up and do feeds. I couldn't have a better child.

Was Faith good at sleeping through, too?

I don't think she has slept through the night ever [laughs]! I adore Faith but she is such a mini-me. I can see in the future there are going to be complications. She wakes up screaming for me. If Hugh goes in the room, she will just yell: I want my mummy!' I think Faith needs to chill out, so I deliberately don't go in her room as we are trying to break that habit. I know it sounds like I'm painting a bad picture, but she is so entertaining. She is a little star.

Is Hugh good with the nappy changes?

Hughie is really hands on. He is just a really good dad, he took to it like a duck to water. He loves the kids and they adore him. I know they say about \triangleright





mummy's boys, but AJ is a daddy's boy. As soon as Hughie walks through the door, his eyes light up. AJ is almost walking, too – he pulls himself up and walks round furniture.

That's good, isn't it?

I think it's because Faith is so energetic and running around everywhere in her ballet outfit! I think AJ just wants to join in with whatever Faith is doing.

Can you see his character developing as well?

He is a proper boy. He will fling himself off things if he has the opportunity. He has no fear. But he is so loving and attentive. He gives the most amazing cuddles. He has a lovely manner and has this amazing aura about him.

Has he got Hugh's calmness?

Yes, definitely. Faith is demanding while AJ is laid back, like Hugh.

How is Faith getting on with her little brother?

They are really good with each other. There is a little bit of sibling rivalry — if I am playing with AJ and his toys, Faith will literally come and sit in the middle of us. She is not really interested but she feels the need to be involved in everything. But I don't want to become the mum who is telling her off all the time. I don't want Faith to end up resenting AJ. She is just behaving like a normal three year old.



Does she try to help you look after him?

She is really good like that. She thinks AJ is one of her little dollies. She has even done burn wipes! I let her help when there is no poo! It's much safer that way.

You mentioned Faith going around in her ballerina dress. How is her dancing?

I don't think she is going to be a ballerina. She enjoys it and loves dancing, but I don't think ballet is her forte. She loves going to ballet so I will let her keep going until she says she doesn't want to go any more. She is just a proper performer.

Would you let her do a television talent show after your own experience on *Popstars*?

I think I would have to be honest with myself about if she was good enough, because I know how cruel the business can be. I don't want to be one of those mums that pushes her in a certain direction. She is only three. Maybe she will turn around at 12

and say she wants to be a doctor. That would be great. If I felt she was good enough to go into showbusiness, I would think, why not?

How is her vocal range when singing?

She is tone deaf at the minute. I can't hear any tone yet. She just shouts the words, a bit like Mummy did in Liberty X [laughs]!

How come you've started doing make-up tutorials on

your YouTube channel? Is this a new string to your bow?

It's on my YouTube channel and I'm always trying to find out what people want. Make-up and beauty is something that comes up time and time again, so I just do 'how to get the look' for certain occasions. My main prerogative is still fitness. My YouTube channel is called Michelle Heaton In Reality. It's been running for six months. It's something I really like doing.

Speaking of fitness, you're getting ready to do a trek in Morocco...

It's for the Genesis Research Trust [which funds scientific research into conditions affecting women and babies]. They asked me about a year ago if I would be interested in doing a trek. It's in May, so for the last few days I have been hiking. It's a seven-day trek – I will be backpacking properly. I think there are 15 women doing it. Most of them have gone through problems during pregnancy.

What sort of training are you doing?

Yesterday I did six miles, but that was over hilly terrain. I need to get used to hills. I am doing that twice a week and I will increase the length in a few weeks time. I think we will be walking for around eight hours a day.

That's on top of your routine?

Yes, I go to the gym in the morning and do my usual workout. I get up at 5.30am, get to the gym at 6am, and do my hour. Then Hugh goes and does his workout.

Have you changed your diet?

As long as I eat more in the week leading up to





the trek, I will be fine. It's not like your body is having to go through a shock like when you are running a marathon. I have done two of those already and I would never do another one!

Who'll look after Faith and AJ?

I'm away for nine days. Hughie will still

have to work so we are sorting childcare out at the moment. We are seeing if my mum can come 'THERE ARE GOOD DAYS AND BAD DAYS'

down. I think it will be a case of everybody helping out.

Is Faith at nursery at the moment?

She is at pre-school for two days a week. AJ goes to nursery on the same days, Tuesday and Thursday. I try and do as much of my work as possible on those days. So when the kids are not in school I am here for them.

Are they better behaved for their dad?

Yes, definitely. If Faith is not being very well-behaved, I say I'm going to tell Daddy. She always says: 'Don't tell Daddy!' Not because he is evil, but because she doesn't want to disappoint him.

You and Hugh will be celebrating your fifth wedding anniversary later this year — would you consider renewing your vows?

We have talked about it a few times. I think if we did do it, we would wait until both of the kids could walk down the aisle with us so they can enjoy the day too.

You had quite an intimate ceremony the first time around. Would you like to go for a bigger event?

I think we would do something a bit bigger this time around.

How do you and Hugh keep the spark in your marriage?

We're really good at going out on date nights. We do that twice a month. I think that is important.

Generally it's just a meal and I can have a few glasses of wine. And we have early nights [laughs]! Time alone is important. You need to work at a marriage as well as being a good parent. Otherwise you will not last the distance.

You have been through some tough times in the past two years, with your double mastectomy and hysterectomy. How has that affected you as a couple?

I think it's made us stronger. With what I went through, it could have gone one of two ways.

Do you still have any pains?

Oh no, that has all stopped now. I'm not in pain, but my body is never going to be the same.

What sort of medication do you take?

I have the oestrogen implant that I have to take every six months. I will be on that until the doctors feel I am at my natural menopause age. It's to replace





the hormone that I am now lacking; I will be taking that for a long time.

How do you feel when you see your surgery scars?

The hysterectomy scar is the worst as that is the one that I always see. I still have a little pouch of skin that goes over it — that isn't very pleasant. I don't know if I will ever wear a bikini again. Not in public, anyway.

How does that make you feel?

I don't think I'll ever feel comfortable enough to walk around a pool in a bikini, but I think I have come to accept it. It's not the end of the world. What would be the end of the world would be not having had the operation and getting cancer. So not being able to wear a bikini is nothing in the grand scheme of things! I can't wear fitted underwear or fitted dresses, as you would be able to see the pouch.

Has it affected you?

It's definitely affected my self-confidence in certain situations, but I have to be thankful that I could have the surgery when a lot of women can't. It's hard. There are good days and bad days because of the hormones. It is really hard to explain to friends my age what I'm going through, hormonally. There are times I don't know how I feel. Sometimes



I'm happy and sometimes I am sad for no reason.

Does it affect your moods?

It is really frustrating as you don't understand why you are feeling tearful. It's not a nice feeling, to feel out of control of your body. The kids are so young and I don't ever want them to think I'm a moody bitch!

Are you still in touch with the guys from Liberty X?

We all still chat. I see a lot of Tony [London] and Kelli [Young] and their kids. Tony works on my YouTube channel – he helped to invent it for me. I have to say, as a group, we are pretty lucky and all our kids are gorgeous.

Tell us about your involvement in the Let Me Go To Disneyland Paris campaign...

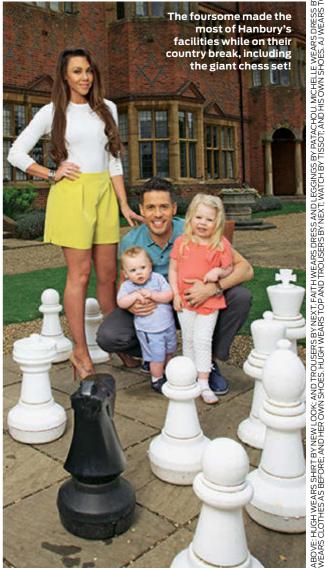
People have to sing their own lyrics to Let It Go with reasons why they want to go to Disneyland Paris. Then they have to upload a video of them doing it on to the Frozen mini website. I am one of the judges and the prize winners will go to Paris and sing with Anna, Elsa and Olaf!

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'THERE'S NO SUCH THING AS MATERNITY LEAVE FOR ME!'

WRITER, PRESENTER AND FASHION DESIGNER DAWN O'PORTER TELLS OK!'S KIRSTY HATCHER HOW SHE'S BALANCING WORK WITH HER NEWBORN

hile most new mums take a break from their hectic work schedules to look after their little one, writer and fashion designer Dawn O'Porter has jumped straight back in. 'For me there is no such thing as maternity leave,' the 36 year old tells OK! from her home in Los Angeles after an early rise. Dawn welcomed baby Art into the world in January with her Irish actor husband Chris O'Dowd, 35. The couple – who tied the knot in 2012 – managed to keep his birth a secret for a whole week and are yet to share a picture, instead posting a Photoshopped image on Twitter of a baby with Chris' facial hair and Dawn's trademark haircut (left). Chris wrote alongside the snap: 'It's a boy! @hotpatooties & I would like to introduce

Chris tweeted this picture to announce Art's birth!

Art O'Porter, our gorgeous baby. Well, I'm pretty sure he's ours.'

Here, Dawn opens up to OK! about first-time motherhood, juggling her many roles and why you may catch her wearing her wedding dress again...



Congratulations on the birth of Art, Dawn. How are you finding motherhood?

I love it. It's an amazing thing. It all feels very natural – but maybe ask me again in four months! It's so far so good, though.

So you haven't suffered from too many sleepless nights?

No – he's a sleeper. He's being very kind! I think you have two different experiences of having a newborn baby. They're either good sleepers or they're not. I just feel very lucky that mine is.

How are you juggling being a mum with your many work roles?

It's only nine weeks later, so I've not been giving myself too much of a hard time. When you do all the jobs that I do, for me there is no such thing as maternity leave. I wrote a column when Art was only four days old! I know it's going to get harder so I don't know how I will answer that question in a few months, but so far it's quite manageable.

What has been the biggest change for you?

Not being able to just go out — but so far that hasn't bothered me at all because you just want to be at home looking after them. Chris and I still go to our favourite restaurant for steak and chips once a week with the baby. I suppose at some point I will have to get childcare, but at the moment it's no sacrifice at all. I've booked a babysitter once but I rushed home at 10.30pm. I guess the biggest change would be the overwhelming love that you feel for this little thing.

Will you stay in LA permanently or can you see yourself returning to the UK to live?

The UK is always home, but it depends on work and so many other things. For now this is home. I do go back to the UK every year for huge chunks, so it's not like I feel stranded. I'm about to head back soon for two months to work on my clothing line BOB, and then I'll also travel around to see family. But I have no idea what the five-year plan is, let alone the life plan!

What's your home like in LA?

Like a flea market! I've done it completely from what I've bought in flea markets and on eBay. We don't have a swanky vibe at all and it's very old. My living room is almost like a hunter's lodge! I have a big goat's head up on the wall, a moose's hoof as a light and antlers on the fan in the middle of the room.

Do you still have a house in the UK?

No, we rented our house out! We're not quite at the point in life where we can leave an empty house in a country we don't live in, so we have to rent it out. When I go back for BOB I'll probably have to rent an apartment or stay in a hotel, which is quite weird.



How did you get into fashion?

Well, my parents are dressmakers and they've been in the industry all their lives. It's my auntie and uncle, because they brought me up [Dawn's mum died of breast cancer two days before her seventh birthday]. It's really nice that my auntie saw my clothes for BOB and said they were brilliant because they're both brutally honest.

Have you tried on your beautiful wedding dress [pictured above] again since you've been married?

I would love to wear my wedding dress again. If Chris ever got nominated for an Oscar it would be amazing to wear it, but I don't know if I would ever get into it. I was so tiny on my wedding day. I was looking at pictures the other day thinking, wow! I would love to do a bridal line because I can't stand wedding dresses. I don't understand why people wear these weird, crushed silk gowns that they would never wear on any other day, so maybe I'll do that in a few years. I also wore this other outfit to get married in when we did a civil partnership, the day before we had our big party. I've done a version of that for my next collection for BOB. It's a 1950s pencil skirt and top, which I love.

Tell us about your collaboration with Rescue Remedy – how did you become involved?

I have genuinely always used it. It just makes you feel calm without having to have vodka! I use it when I've got a writing deadline or when my job

is getting stressful, because you need something to get you out of that frame of mind. OK!

DAWN (LEFT) IS AN AMBASSADOR AND FAN OF RESCUE. SHE USES RESCUE REMEDY TO ENSURE SHE LIVES IN THE MOMENT AND EMBRACES DAILY CHALLENGES. AVAILABLE FROM BOOTS. SEE WWW. RESCUEREMEDY.CO.UK.

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LISA SNOWDON

THE BREAKFAST RADIO HOST ON WHY SHE NEVER WEIGHS HERSELF, COPING WITH THE EARLY STARTS AND HOW SHE MAINTAINS THAT KILLER BOD

AGE: 43 HEIGHT: 5ft 9½in WEIGHT: I don't weigh myself and I don't want scales! DRESS SIZE: 10-12 BREAKFAST: I have half a Florida Grapefruit and then porridge with blueberries. I think if you start the day off really well then you're less likely to be naughty throughout the day! LUNCH: Soup or something like Mexican chicken salad with brown rice, beans,

guacamole and salsa. DINNER: I often have salmon with rice or a turkey chilli. I sometimes swap rice for quinoa because it's healthier. I don't have meat more than twice a week. SNACKS: Nuts and fruit.



isa with her

Dave Berry

Capital FM co-host

Why don't you weigh yourself? You've previously slammed the size zero trend...

I just like to go by how my clothes look and feel. Every now and again, if I'm on holiday and there are scales in the room, I'll do it, or if I'm at the gym. If I'm looking a bit bulgy over my jeans then I'll know I've got to cut down on things like sugar or bread. But I think even if you just incorporate 20 minutes of exercise into your day then you can keep muffin tops at bay.

Do you ever treat yourself?

I love food and I love eating, so I do have to go to the gym in order to consume the calories that I do. I went out with my

friend the other day and we had a massive steak that was gorgeous. I do have to be sensible but I prefer to do it by exercising, rather than being really regimented and measuring myself because I am healthy and, if something doesn't fit, I'll just get a bigger size.

What other exercise do you like doing aside from going to the gym?





I try and work out whenever I can, which isn't always easy. If I can't get to the gym then I try and walk everywhere, so I'll walk home from work or do a power walk for 45 minutes, just to get everything working. I also like to swim and I've been dry body brushing, which is good for getting your circulation going in the early morning.

You have to wake up early for your radio show — what helps to perk you up?

My tips are having lots of water and vitamin C – and never drinking too much coffee. Having grapefruit for breakfast helps too – a half has more than your daily quota of vitamin C. If you have a sausage sandwich to start the day then it's probably just going to go downhill from there! Some people like to do the whole burgers and coffee on a hangover, but I think rehydrating is the best thing.

What's your skin care regime like?

Do you have any favourite products?

Recently I've been using Murad skin care products. They have this great Firm And Tone Serum, kind of like a gel, which eradicates stretch marks and cellulite. I also like the Body Firming Cream with vitamin C – it keeps my skin moist and gives it a nice even tone. I'm also a big fan of having reflexology and body massages.

You've also said you're a fan of the NutriBullet...

I love how much you can do with them, because they split

everything up and blend it all together. I like to make lots of smoothies and soups because it's so quick to use.

Do you cook a lot?

Yes, I do like to cook. I go through stages of cooking a lot and then going out for dinners — it just depends on how busy I am. I'm really into making salads and fish at the moment.

Do you have a favourite five-minute recipe for when you're on the go?

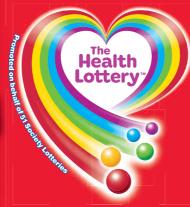
I'd have to say a salad with kale, peanuts and grapefruit, maybe with a fish sauce. I never knew how nice it could be to put fruit in a salad until now.

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n established style queen in the fashion stakes, Fearne Cotton is now also working her magic on our homes as well as our wardrobes. With a brand new collection of fun and fabulous furniture and homewares now available exclusively at Very.co.uk, it's the perfect way to inject some serious style points into your living space.

While colour is the core of the look, you'll need some neutrals to be the background. We'd recommend beginning with the big basics, like the Alexis 2-Seater Fabric Sofa, Aruba Easy Fit Pendant and the Majestic Mirror, which are all available in nude and neutral tones. And then the fun begins, as you pile on colour and texture to bring your room to life. Place the bright blue Luna Rug on the floor and scatter the Rico Floral Printed Cushion and the Havana Printed Pom Pom Cushion on the sofa. For a final quirky touch, you can't go wrong with the elegant Cat Table Lamp.



DID YOU KNOW MANY WASHES AREN'T MADE WITH YOUR INTIMATE PH IN MIND? LET'S DO SOMETHING ABOUT IT.



Sex, soap, even your period can throw off the pH of your intimate area. Vagisil pH Balance wash helps maintain a healthy intimate pH which helps reinforce your body's natural defenses. A balanced pH is an important step towards good daily intimate health.

VAGISIL PH BALANCE WASH

IN THE HEALTHCARE AISLE

HARD TIMES

STRUGGLING TO COPE WITH LIFE?
YOU ARE NOT ALONE
- DEPRESSION AFFECTS SIX
MILLION PEOPLE IN THE UK...

rom Alexander McOueen and Isabella Blow to Robin Williams severe depression has claimed the lives of several fashion and film luminaries over the years. Recently, the Coronation Street storyline of Steve McDonald's battle to recover from the debilitating illness has kept us riveted to our screens. Kym Marsh - who plays Steve's partner Michelle Connor on the soap - revealed that the plot has been hard going at times, reminding her of

the devastating depression she suffered after her son Archie Lomas died moments after his premature birth in 2009. Kym, 38, confessed

earlier this year: 'It's been an emotional few months – I've done nothing but crv. It does get to you. You become quite emotional and it's draining. And certainly for Simon [Gregson, who plays Steve], he's playing the person who's depressed but we're there for each other. You have to be there for each other.'

According to Depression Alliance, the condition will affect about one in five people at some point in their lives, so Depression Awareness Week which runs from April 20 to 26 this year – will have particular resonance for many of us. Ranging from mild to severe, depression demands to be taken seriously. In the most extreme cases, sufferers are driven to commit suicide – as singer Lil' Chris is reported to have done.



THE TRIGGERS

Often a life event such as a divorce can be a trigger for the illness. Eva Longoria, 40, and Nicole Kidman. 47, have both spoken out about suffering a period of depression when their marriages ended, and 33-year-old Sarah Harding recently told OK! that she became depressed after her engagement to DJ Tom Crane ended. Meanwhile, Secrets And Lies actor Ryan Phillippe, who divorced his wife of eight years Reese Witherspoon back in 2007, says the aftermath was 'a struggle'. 'There were a good four or five months of not being able to get out of bed. It was the worst time in my life,' the 40 year old confessed.

Postnatal depression is also common, with changing hormones having a serious impact on new mothers. Friends star Courteney Cox, 50, revealed she suffered from depression after the birth of her daughter, Coco: 'I went through a really hard time — not right after the baby, but when [Coco] turned six months. I couldn't sleep. My heart was racing. And I got really depressed. I went to the doctor and found out my hormones had been pummelled.'

SPOT THE SIGNS

Dr Tom Stevens, Consultant Psychiatrist at London Bridge Hospital (www. londonbridgehospital.com), told *OK*!:

Above: Dr Tom Stevens says those suffering depression may appear more unhappy, tired and inattentive'. Below left: Courteney Cox had ostnatal depression 'Depression can present in different ways in different personalities. However, most people will lose their general enthusiasm for life, reduce their social activities and may appear more unhappy, tired and inattentive.' Psychological symptoms of depression can include: Persistent low mood Feeling hopeless Feeling tearful Having no interest in anything Feeling constantly anxious or worried Having suicidal thoughts. VAYS TO BEAT **DEPRESSION** Simply put, treating depression depends on the severity of the illness and the individual concerned. Some people respond well to a change in diet and exercise, others to therapy and antidepressants. In one of the seminal texts on depression, The Noonday Demon: An Anatomy Of Depression, Andrew Solomon recounts how he managed to cure his suicidal depression through a combination of therapy, support, medication and regular exercise. Dr Stevens adds that, sometimes, depression can get better by itself. He explains: 'The first step should be to discuss the problem with those closest to you. The extra support from those who you trust can often be helpful while waiting for things to get better. >



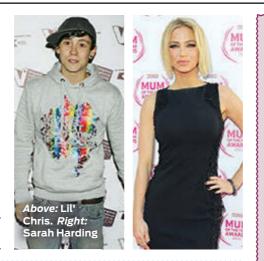
However if the problem is starting to impact on relationships and work, or has been going on for some time, then it is worth seeking help.'

A HELPING HAND

TERMS AND CONDITIONS APPLY

Do you feel persistently low or anxious? Then seek help from your GP, who can offer further advice on treatment, support and talking therapies. There are also a number of organisations out there who can help, like Depression Alliance (www. depressionalliance.org), Friends In Need (www. friendsinneed.co.uk) and Depression UK (www. depressionuk.org). If you need someone to talk to now, call the Samaritans (08457 90 90 90) – someone is on hand to take your call 24 hours a day, 365 days a year.

FEATURE BY OK! HEALTH EDITOR YASMINE GRIFFITHS PHOTOGRAPHS BY GETTY IMAGES, ITV/REX, REX, WIRE IMAGE



LIFT YOUR MOOD WITH FOOD

Regular exercise, cutting down on alcohol and eating healthy food can help in the battle against depression. Author of *Get The Glow* (Orion, £20), nutritionist Madeleine Shaw (www.madeleineshaw.com) gives *OK*! her top five mood-boosting munchies...

1. MUSSELS:

These contain trace nutrients that are important to balancing your mood, including zinc, iodine, and selenium.



which keep your thyroid – your body's master mood regulator – on track,' says Madeleine.



2. SPINACH:
'This leafy
green is
packed with
magnesium,
a nutrient
essential
for the
biochemical
reactions in
the brain that
boost your
energy levels.'

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Justmylook is offering a fab spring-themed prize to one lucky reader, containing everything you need for the ultimate spring makeover, including OPI Hawaii nail polishes, a Kaeso hydrating facial gift set, a stunning Corioliss C3 mosaic hair straightener, as well as lots of other goodies. Visit www.justmylook.co.uk for more beauty essentials. To be in with a chance of winning, simply tell us the name of the band in which Michelle Heaton shot to fame.





To enter call 0901154 2677 (5)p per call) or text OKICOMP followed by your answer, name and address to 87080 (50p). Calls cost 5)p per call from a BT landline plus network extras and last on minute. Calls from other networks and mobiles may cost more. Texts cost 50p plus your usual network rate. You can also enter via post. Send your answer, Issue number (which can be found on the front of your magazine) and details on a postcard to OKI Health Comp. PO Box 12581, Sutton Codified 1873 98 for over. Competition closes mindinght april 20 2015 and three working days later for postal entries. Winners will be selected at random from all correct entries received by April 23 2015. For full T&Cs. see competitions ok co.u.k. SP-Spoke Ltd. Helpilan 0333 2013 390.7 the editor's decision is final. For SMS, you may receive other related promotional offers/services. To stor preceiving, send NS NOINFO at the end of you message. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prize is subject to availability. Images for representational use only.

Wish

you could

tooth care

AND

have

WHITER teeth?*

CHGBI/CHSEN/0069/14a

*with twice daily brushing



3. ASPARAGUS: 'This vegetable is abundant in tryptophan,' the nutritionist explains. Tryptophan helps make serotonin, a mood-regulating neurotransmitter.





4. HONEY: 'Honey contains [flavonols] quercetin and kaempferol that clean up free radicals and reduce nasty

inflammation, which is important for a slim physique and a healthy brain,' she tells OK!.

5. GREEN JUICE: 'Start the day with a vegetable juice to dose your body up with some goodness,' the expert advises. 'Drinking juice can be best in the morning when your body is the most dehydrated after fasting all night.'



Madeleine Shaw is working with 100 per cent natural, cold-pressed smoothie brand Savse to spread the word that it's easier than ever to 'Health Yourself', through simple nutritional, diet and health tips. For information visit www.savsesmoothies.com.

HEALTHBITES

ALL THE LATEST HEALTH NEWS

BABY FACE

With 4D scans becoming increasingly popular, London's number one private provider of ultrasounds, Baby Scan Clinic, has launched high-

definition 4D scans.



Displaying the HD scan on a widescreen colour TV, mums-to-be can document their baby's first moves in real time. The HD scan can take place at any time after 17 weeks, but 24 to 28 weeks is the ideal time for the scans to be done. For more information and prices, visit www.babyscanclinic.com.

KEEP ON RUNNING

With the London Marathon just around the corner, TV presenter, model and running enthusiast Nell McAndrew – who can run a marathon in under three hours – has put all her experience into a book. Nell McAndrew's Guide To Running (Bloomsbury, £12.99) – which is co-written with writer and runner



n writer and runner Lucy Waterlow – is packed with advice on training, nutrition and improving your performance, no matter your age or ability. Visit www. amazon.co.uk.

NO MORE JUNK FOOD

Nutritionist Mel Wakeham has called for junk food at checkouts to be banned by the government. After discount supermarket Aldi banned all confectionery from their checkouts in January following a trial of displaying healthier options of fresh fruit and nuts, the Birmingham City University nutritionist has now sent letters to other stores. In line with the trend of reducing the amount of added sugar in our diet, Mel says: 'If the government has banned cigarettes from being on display, it's about time the same principle was applied to unhealthy snacks.

which we can see are having a direct impact on our NHS services.'



FEELING SPORTY

Odlo – the inventors of functional sports underwear – have just launched their brand new sports bra range. Designed to suit all types of women, the bras offers three different levels of support – light, medium and high. And

with the use of special performance fabrics and mesh panels, the bras also offer breathability if you're working up a sweat. For more information and prices, visit www.odlo.com.



Now you can

Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.





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enturies-old traditions, modern sophistication, quirky style and hi-tech futurism await in Tokyo — one of the world's most dynamic and fascinating capital cities. Visiting this Japanese metropolis is a sensory and visual overload, with vast neon billboards and cherry blossom-filled parks, soaring skyscrapers and ornate shrines, traditional tea ceremonies and sleek Michelin-starred restaurants. *OK*!'s Lina Darton jetted off to Tokyo, following in the recent footsteps of HRH Prince William, to discover a place unlike anywhere else...

WHERE SHOULD I STAY?

Spanning the top nine floors of a gleaming skyscraper, the ultra-luxurious Mandarin Oriental Tokyo is located in the centre of Nihonbashi, once the city's historic heart and now the financial epicentre. Every aspect of the 178-room, five-star hotel has been designed to maximise the view of the city's impressive skyline. So, whether you're having a Kiatsu massage in the spa, eating Michelin-starred cuisine in Signature or luxuriating in your marble bath, you'll be able to admire the city's sights through the floor-to-ceiling windows. And they're pretty cool

Below: Soak up the views from the plush Mandarin Oriental. Right: Tokyo regular Miranda Kerr

views, too – from the neon-lit skyscrapers of Shinjuku and the beautiful gardens of the Imperial Palace to the soaring new Tokyo Skytree broadcasting tower (the world's tallest building, which boasts an observatory platform and restaurant) and, on a clear day, across to the snow-capped Mount Fuji. Another hotel highlight is the top-notch food on offer from its three Michelin-starred restaurants. We loved the Heston Blumenthal-style Tapas Molecular Bar, where guests are offered 20 taste sensations and the intimateeight seater Sushi SORA venue.

WHERE CAN I SHOP?

Tokyo is a sprawling city with shops of every shape and style, so make sure you do your research before you head off on a shopping spree. As a rough rule of thumb, you'll find designer stores in Omotesando and Shinjuku, gadgets and electronics in Akihabara and cool labels in Harajuku and Aoyama. Top fashion brands such as Alexander McQueen, Giorgio Armani and Prada line Omotesando's upmarket treelined avenue, while Gwen Stefani fans should make a beeline for Takeshita Street in the hip Harajuku district, famed for its quirky and whimsical fashions. The No Doubt singer finds 'artistic inspiration' wandering around the area, adding: 'Everyone is so stylish and unique.' OK! checked out the Hello Kitty gifts at the Daiso 100-yen store (think Poundland), admired multicoloured tutus in Vite! Vite! and punky vibrant prints in ACDC.

For seven floors of souvenirs, head to The Loft, a department store in trendy Shibuya, where we loved the food design iPhone cases
and cool stationery. You'll find
everything under one roof at Shinjuku
Takashimaya — a 16-floor department
store. And you may even bump into
Australian supermodel Miranda
Kerr while out shopping — she's
a city regular and recently
sashayed down the runway
for Samantha Thavasa, the
Japanese bag designer for whom
she's brand ambassador.

WHAT CAN I EAT?

Japan is famous for its sushi and sashimi, and the best way to see what may end up on your plate is with an early morning visit to the Tsukiji Fish Market in Nihonbashi. It's the world's largest fish market and you'll find a number of food bars — open from 3am till mid-afternoon — encircling the market. Sit alongside fish workers and the odd celebrity — Kristen Stewart and Nicholas Hoult were spied on a bar stool at Daiwa during a break from filming Equals here last year — and tuck into the freshest sushi. Elsewhere, Yasaiya Mei — located within the

Elsewhere, Yasaiya Mei – located within the Omotesando Hills designer mall – is famous for its creatively presented vegetarian dishes served in stylish surrounds. Pop-up cafes are all the rage too – the current favourite is KuKuRuZa



Popcorn, also in Omotesando Hills. Here, you'll find more than 30 flavours of popcorn, from rocky road and rainbow fruit to maple bacon.

If savoury is more your scene, pop in to the ever-popular Eggs 'N Things in Harajuku. Sit on the

Stefani 🥌

loves the

district

hip Harajuku

竹下细り

terrace and tuck into omelettes, pancakes or waffles – but be prepared to queue. Tokyo also has some pretty wacky cafes, such as the Moomin Bakery & Café – just one of 50 bars and restaurants in Tokyo Dome City – where you sit beside your favourite character and eat troll-shaped food!

The newest kid in town – and we mean this literally – is the Sakuragaoka Café in Shibuya. It has two goats – Sakura and Chocolat – who hang out with the customers. Enjoy pasta or hamburgers (there's luckily no goat on the menu) and peruse the goatthemed souvenirs.

WHERE CAN I GO FOR COCKTAILS?

Take in the bright lights of the city at sunset with a Nihonbashi – a vodka-based cocktail comprising yuzu (lemon) liqueur and grapefruit juice – at the cool forest-themed Mandarin Bar. Then head to Le Baron de Paris located in trendy



Aoyama. We're told it's a favourite with the fashion pack and that Beyoncé Knowles, Lindsay Lohan, U2 and the Scissor Sisters have all visited. With its atmospheric interiors and blood-red lighting, you can dance the night away to a mix of nostalgic and modern tunes.

WHICH SIGHTS MUST I SEE?

Although, at first glance, Tokyo might appear to be a shrine to modernism, scratch beneath the surface and you'll find century-old traditions and sights such as the Meiji Shrine in Shibuya, dedicated to the former Emperor Meiji

and surrounded by 10,000 trees donated from all over the world. We were lucky enough to witness a traditional Shinto wedding procession, where the bride – dressed head-to-toe in white and shaded by a red

> parasol – walked next to her husband while the rest of the wedding party followed behind in twos.

You'll still find some centuries-old shops selling traditional wares such as lacquerware, kimonos and fans in Nihonbashi. It's also here that *OK*! enjoyed a traditional tea ceremony – a time-honoured ritual dating back centuries – at The Koomon Tea House.

Elsewhere, once you've had your fill of sightseeing and shopping, take a stroll around the Imperial Palace East Gardens. In springtime, you'll see the beautiful famous cherry blossoms.

HOW DO I GET THERE?

British Airways Holidays (www.britishairways.com/tokyo; 0844 493 0758) offer a five-night package, including return flights from London Heathrow and breakfast, staying at the five-star Mandarin Oriental Tokyo from £1,779pp. Price valid for travel in June 2015, if booked by April 30, 2015. Rates at the Mandarin Oriental Tokyo (www.mandarinoriental.com/tokyo; +81 (3) 3270 8800) start from £218 per night on a B&B basis.

FOR MORE INFORMATION, VISIT WWW.SEEJAPAN.CO.UK.

REPORT BY LINA DARTON EDITED BY ANNABEL MACKIE, OK! TRAVEL EDITOR FIVE OF THE BEST AND TRAVELLERS' TALES BY NANCY BROWN PHOTOGRAPHS BY ALAMY, GETTY IMAGES

TRAVELLERS' TALES

JOSH GROBAN THE STATESIDE SINGER ON SWEDISH DAYS OFF AND

TRIPS WITH HIS DOG

You were born in Los Angeles – what's your favourite place in California to relax? Probably Santa Barbara –

it's a couple of hours drive up the coast. I love wine and it's got an amazing wine and food culture there. I put the top down, take my dog and it's a very quick way of feeling like you're miles away from the city.

You've toured the world – where's the best place for a day off?

I'm partial to London – it's an amazing place for a day off – but I'm going to get a little quirky here and say Stockholm. It's one of the cleanest cities in

the world and I love Scandinavian food. The people there are really nice and you're right by the water – I'd probably just get some fresh air and walk around.

Have you ever had a travel disaster?

I remember when I was flying into New York once and we flew right into a storm cell, a storm vortex as they called it – it sounds like sudden death. The flight attendants were going: 'Well, we're going into a storm vortex so please buckle your seatbelts.' This was the worst turbulence I've ever experienced and I've been on hundreds of flights – it was just awful. The plane was pitching up and down and things were hitting the ceiling, so it was like, are we doomed?!

What's on your travel playlist?

I like to listen to classical music when I travel. When you're looking out the window you see all sorts of amazing things and if you have a great piece of music it's fantastic. And then if a vortex comes along you put on Holst's *The Planets* and you put on *Mars, The Bringer Of War* and you hold on for dear life!

JOSH'S NEW ALBUM 'STAGES' IS OUT ON APRIL 20 ON REPRISE RECORDS.

5 OF THE BEST CHIC CITY MUSTS



1 PHASE EIGHT ARLET WATERFALL MAC, £120, www.phase-eight.com. With the Tokyo weather a little unpredictable at this time of year, this light-weight rain coat is a travel must. Throw it on over jeans and a vest for instant sightseeing cool.

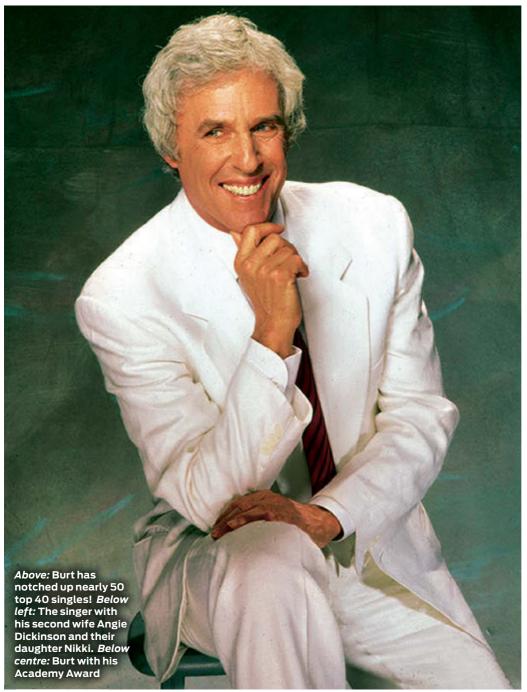
2 OLYMPUS PEN E-PL7 CAMERA, £499.99, shop.olympus.eu. This super-slim handbag-friendly camera offers great picture quality, built-in WiFi so you can instantly upload to any social media site and a handy flip-down screen that's great for selfies. Happy snapping!

3 SKECHERS GOWALK 2 STANCE LACE-UP TRAINERS, £54, www.skechers. co.uk. Designed specifically for walking, these flexible, comfortable shoes are great for long days pounding the streets – and are rather easy on the eye, too. 4 ASPINAL OF LONDON LETTERBOX SADDLE BAG, £350, www. aspinaloflondon.com. Make like Ellie Goulding and Eliza Doolittle and slip this little beauty cross-body for hands-free super-stylish sightseeing. 5 LANCASTER SUN SPORT DRY TOUCH SPF 20, £21, www.lancaster-beauty. com. Even if the sun isn't shining, a good SPF is a must. This invisible-touch gel dries in seconds, offering non-greasy protection that's hard to beat when on the go.



BURT BACHARACH

OK!'S PHIL GOULD TALKS TO THE SONGWRITING LEGEND AND CELEBRATES HIS CAREER



ithout a doubt Burt Bacharach is one of the greatest songwriters of all time. In the UK alone he's notched up no fewer than seven number ones and 47 top 40 hits. His songs have been recorded by the likes of Cher, Cilla Black, The White Stripes, Dusty Springfield, The Beatles, The Stranglers and The Carpenters. But he and his late song-writing partner Hal David became synonymous with one recording artist, Dionne Warwick. When OK! met up with the music legend, he remained modest about his achievements. Burt, now 86, said: 'I always feel a little awkward when people tell me I am a genius.'

Burt was born in Kansas City on May 12 1928 and grew up in New York. His mother encouraged Burt to learn the piano and he began playing in the high school band. After studying musical composition at McGill University in Montreal and Mannes School Of Music in New York, he served in the US Army during the Korean War. On his discharge he returned to the Big Apple and, in 1953, married his first wife, singer Paula Stewart.

Burt was determined to make it as a songwriter and, to make money, he was signed up by the legendary Marlene Dietrich to accompany her on piano during her stage show. Although 30 years his senior, Marlene adored Burt, something he didn't realise until after her death in 1992. 'I don't think Marlene was infatuated with me,' Burt said. 'She wanted to look after and protect me as much as she could.'

His career started to take off in 1956 when he teamed up with lyricist Hal David. The pair got their first big break when Perry Como recorded their song Magic Moments. It went to number one in the UK in 1958 and stayed there for eight weeks, with Burt recalling: 'I was discovered in England before I was in the States. When I come over to Europe there are always certain songs like Magic Moments which we perform which we would never do in the States.' In the same year, Michael Holliday went to the top of the UK charts with their song The Story Of My Life.



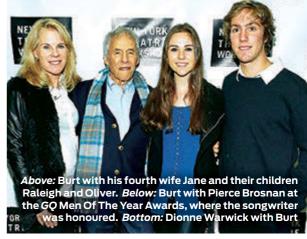




1928 Born in Kansas City, Missouri.
1948 Graduates from McGill
University in Montreal. Also studied at
Mannes School of Music in New York.
1953 Marries singer Paula Stewart.
(They divorce in 1958.)
1956 Introduced to Hal David,
who was to become his long-term
song-writing partner.
1958 Perry Como records their song
Magic Moments – it spends eight
weeks as a number one in the UK.
1961 Meets backing singer Dionne
Warwick, who becomes Hal and
Burt's musical muse.







But it wasn't until the pair met songwriter and producer Jerry Leiber that they started to pen more contemporary material. Another major turning point came in August 1961 when Burt was asked to rehearse four backing singers for a Drifters single – they were Myrna Smith, Cissy Houston and her nieces Dee Dee and Dionne Warwick. Dionne was to become Burt and Hal's musical muse. Between 1962 and 1968, the team notched up 15 top 40 hits including Don't Make Me Over, Walk On By and Do You Know The Way To San Jose. Burt recalls: 'There was just something about Dionne, the way she carried herself, she had this poise about her. She seemed so self-assured and she could sing. We signed her up.'

In 1965, Burt married actress Angie Dickinson, who would later find fame as Sergeant Pepper Anderson in Police Woman. He was commissioned to write his first film score for the Peter Sellers movie What's New Pussycat?. Tom Jones cut the title track, which was nominated for an Oscar for Best Original Song. A year later he was working on the Michael Caine film, Alfie. The title song was recorded by Dionne Warwick but became a hit in the UK for Cilla Black. Burt recalls: 'The director Lewis Gilbert wanted Cher to record it. But it didn't sound anything like I wanted it to be. I am a perfectionist and when I get in the studio I'm like a blinkered horse that just has their eyes on the finish. Cilla was a big name but we ended up doing 28 or 29 takes. I kept saying:

"Can we do one more?" I was just looking for that little bit of magic.' This song has a special place in Burt's heart and is the one song he sings himself during his concerts.

Alfie received an Oscar nomination too, but Burt had to wait until 1970 before he finally lifted an Academy Award. It was the song Raindrops Keep Fallin' On My Head that won Best Original Song and the film Butch Cassidy And The Sundance Kid also won Best Original Score. Burt says: 'It

'I WAS JUST **LOOKING FOR** THAT LITTLE BIT OF MAGIC

was an unbelievable, spine-tingling moment when they announced we had won Best Original Song. The only problem is that once you get that feeling you want to feel it again.'

It seemed like there was no stopping Burt, Hal and Dionne but then things went wrong after they became involved in the 1973 science fiction turkey Lost Horizon. Hal and Burt fell out over royalties and Burt felt he could no longer produce Dionne's next album, so she sued him. The trio did not speak for many years. Burt said: 'Of course I regret falling out with Hal and Dionne. But I was young and foolish. Who knows what might have happened in those 15 years when we didn't speak at all.' The fall-out from this also helped

to end his marriage to Angie. The couple had a daughter Nikki, whose Asperger's remained undiagnosed for many years; in 2007, at the age of 40, she committed suicide. Burt admits he hated the way she died by self-asphyxiation.

For a while the hits dried up for Burt, then he met songwriter Carole Bayer Sager. In 1981 they penned a US number one for Christopher Cross with Arthur's Theme (Best That You Can Do). A year later the couple tied the knot.

They had two more US chart toppers, along with other top 40 hits. In 1985 they adopted a son Cristopher Elton Bacharach. Their marriage dissolved in 1991 when Burt met Jane Hanson, a ski instructor 32 years his junior. They married in 1993 and have two children, Oliver, 21, and Raleigh, 18. They are still married and Oliver sometimes appear on stage with his dad.

Burt's 2013 autobiography Anyone Who Had A Heart had contributions from his former wives. which might seem odd to some people, but Burt says: 'There's no point writing something if you're not going to be open. My co-writer interviewed them. I never envisaged that I would be married four times. You should have to go to college and study for a year before they allow you to marry. That still doesn't mean you don't f**k it all up!' OK!

BURT BACHARACH TOURS THE UK FROM JUNE 26 TO JULY 8. FOR FULL DATES VISIT WW.TICKETMASTER.CO.UK. HE ALSO PLAYS HAMPTON COURT PALACE FESTIVAL ON JUNE 23. VISIT HAMPTONCOURTPALACEFESTIVAL.COM.





THE MUSICAL GENIUS AND HIS CHART-TOPPERS

1964 Dusty Springfield reaches number three in the UK with I Just Don't Know What To Do With Myself. Cilla Black takes Anyone Who Had A

Heart to number one 1965 Marries actress Angie Dickinson. They have a daughter, Nikki. (The couple divorce in 1980.) 1965 Write the score for the Peter Sellers film What's New Pussycat?. 1966 Pens the soundtrack for Alfie.

1968 Writes the musical Promises, Promises. A year later Bobbie Gentry

takes I'll Never Fall In Love Again from the musical to number one in UK. 1969 Writes the soundtrack for Butch Cassidy And The Sundance Kid. Wins Oscars the following year for Best Original Score and Best Original Song for

Raindrops Keep Fallin' On My Head. 1973 Gets involved in Lost Horizon and falls out with Hal and Dionne. 1981 Co-writes Arthur's Theme (Best That You Can Do) with future wife Carole Bayer Sager.

1982 Marries Carole Bayer Sager. They adopt a son, Cristopher Elton Bacharach. (They divorce in 1990.) 1985 Composes That's What Friends Are For with Carole for Dionne Warwick, Elton John and Gladys Knight; another US chart topper. 1993 Marries ski instructor Jane Hanson. They have two children, Oliver and Raleigh.

1998 Collaborates with Elvis Costello on Painted From Memory. 2005 GQ presents Burt with their Inspiration Award.

2005 Wins two Grammy Awards (far left) for his collaboration At This Time and Aretha Franklin's A House Is Not A Home.

2006 Wins the George And Ira Gershwin Award For Lifetime Musical Achievement. Burt said this is his finest musical moment. 2008 The Recording Academy give him a Lifetime Achievement Award. He's proclaimed music's Greatest Living Composer. Burt says: 'I'm not sure. I don't think it's true.'

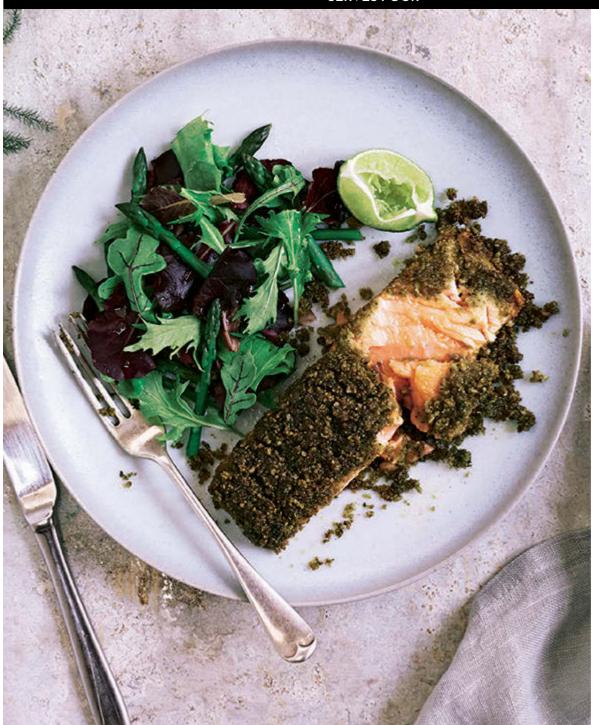


HOTEL CHOCOLAT

USE COCOA IN CREATIVE NEW WAYS WITH THESE TWO SAVOURY RECIPES FROM THE LUXURY CHOCOLATE CAFE AND RESTAURANT CHAIN

CHOCOLATE CHILLI CRUSTED SALMON

SERVES FOUR



INGREDIENTS

- l slice of white bread, crusts removed
 - 1 tbsp freshly chopped coriander
- 1 garlic clove,
 neeled and choppe
- peeled and choppedJuice of ½ lime
- 1 tsp spiced chilli chocolate glaze (see below)
- 55g mayonnaise
- 4 x 180 g salmon fillets, skinned
- Salt and freshly ground pepper

For the glaze:

Melt and cool 100g very dark chocolate. Whisk in a pinch of jerk spices, then whisk in 50ml sunflower oil in three parts to emulsify

he spicy, slightly bitter chocolate notes in the crust beautifully complement the richness of the salmon. A quick way to add a bit of excitement to your fish supper.

Preheat the oven to 220°C/gas mark 7. In a food processor blend the bread, coriander, garlic, lime juice

and spiced chill chocolate glaze. When combined, remove to a bowl and fold in the mayonnaise.

Season the salmon with salt and pepper. Divide the bread mixture equally between the salmon fillets, spreading across the top of each one. Place on a baking tray and cook in the oven for 15 minutes. The fish will be a lovely pink colour and should flake when pressed gently with the back of a fork. Serve with a green salad or steamed French beans and boiled new potatoes.





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SMOKED MACKEREL, POACHED EGGS AND PORTOBELLO MUSHROOMS

INGREDIENTS

- 4 portobello mushrooms, wiped clean and stems removed
 - 20g butter
 - 4 thyme sprigs
 - 1 garlic clove, peeled and finely sliced
- 1 tablespoon white wine vinegar
 - 4 eggs (as fresh as possible)
 - 4 slices of toasted bread
- 1 quantity of smoked mackerel ganache, at room temperature (see below)
- Salt and freshly ground pepper For the ganache:

Skin and bone 125g peppered smoked mackerel, then mix in a bowl with 100g cream cheese, zest and juice of ½ lemon, 2 tbsp Hotel Chocolat White Chocolate Horseradish, salt and pepper

his is a really great breakfast or brunch dish that ticks all the right boxes. The smoky flavour of the fish works well alongside the meaty mushrooms, while the soft egg yolk provides a rich sauce.

Cocoa Factor: Low.

Preheat the oven to 220°C/gas mark 7. Place the mushrooms with the gills upwards on a baking tray. Add 1 tsp butter, 1 sprig thyme, a few slices of garlic, and salt and pepper to each mushroom. Bake for 25 minutes. About 10 minutes before the mushrooms are ready, cook the eggs. Bring a medium pan of water to a boil and add a pinch of salt and the white wine vinegar. Turn the heat down to a gentle simmer. Crack an egg into a teacup and then, in one movement, pour the egg into the simmering water. Repeat quickly with the other eggs. For a soft-poached egg, simmer for 21/2 minutes; for a firmer egg, simmer for 4 minutes. When cooked to your liking, remove the eggs with a slotted spoon and place onto kitchen paper to drain the excess water.

Toast the bread and add to a serving plate. Place a cooked mushroom on each plate, gills up. Using two tablespoons, shape a quenelle of smoked mackerel ganache alongside (dip the spoons in hot water if you're having trouble achieving a nice clean shape). Alternatively, just spoon

A New Way of Creeking with Chorolate the ganache into a ramekin. Place a poached egg onto each slice of toast, season with salt and pepper, and serve. Oxi

'HOTEL CHOCOLAT: A NEW WAY OF COOKING WITH CHOCOLATE' (HEADLINE, £20) IS





Above: Azuka Ononye and partner Alesha Dixon. Right: Sam Bailey 106



Above: Sarah-Jane Crawford, Mark Wright, Beverley Knight and James Ingham. Below: Jake Quickenden





Left: Liz McLarnon.

Below: Chloe

Goodman and Kavana. *Below*



Above: James Lock with Danielle Armstrong. Left: Lydia Bright and Ferne McCann. Below: Danny O'Donoghue signs a portrait as the artist, Sue Verity, looks on





CELEBRITY DIARY



TUESDAY APRIL 14

JOEY ESSEX, MARK WRIGHT and REBECCA FERGUSON are expected to attend tonight's M&M's Character Election, a spoof election featuring its confectionery characters, at M&M's World in London's Leicester Square. Afterwards, the boys will join CAROLINE FLACK at the New Look Men Wireless Festival launch at the Mondrian London.

WEDNESDAY APRIL 15

CAREY MULLIGAN attends the UK premiere of her new film *Far From The Madding Crowd* tonight at the BFI Southbank in London.

THURSDAY APRIL 16

Across the pond in New York, **RANDY JACKSON** hosts and **KESHA** performs at the ninth annual Delete Blood Cancer Gala at Cipriani Wall Street. Expect A-listers aplenty.

FRIDAY APRIL 17

GOK WAN hosts tonight's Asian Awards at London's Grosvenor House Hotel. MILA KUNIS, ZAYN MALIK, EDDIE REDMAYNE, RITA ORA, WILL.I.AM, MARVIN and ROCHELLE HUMES, GARY LINEKER and wife DANIELLE are all expected to attend.

SATURDAY APRIL 18

Hold Back The River hit-maker **JAMES BAY** plays tracks from his album Chaos And The Calm at The Institute in Birmingham tonight.

SUNDAY APRIL 19

HUGH BONNEVILLE hosts A Gala Celebration In Honour Of KEVIN SPACEY at London's Old Vic tonight. ANNIE LENNOX and STING are set to perform at the event, which celebrates the actor's 11 years as artistic director of the theatre. It raises funds for the Old Vic Endowment Fund. An after-party follows at the Ham Yard Hotel.

MONDAY APRIL 20

CLAIRE DANES is honoured at the Performance Space 122 Spring Gala tonight at Capitale in New York. ALAN CUMMING hosts the annual event.





BABY LOVE

WHAT: Tommy's Awards. WHERE: Landmark Hotel, London. WHEN: Friday March 20. WHO: Sam Bailey and AJ Odudu were among the guests. LOWDOWN: Baby charity Tommy's threw its annual awards for the 20th year. Winners included fiveyear-old Harry Carter, who picked up the Super Sibling Award. Lucille Reed received the First Hug Award after waiting a whole month to hold

both of her twins, who arrived at just





and Peter Youell. Left: Face of **Skechers Kelly Brook**

SKECH IT OUT

WHAT: Skechers Memory Foam Trainers launch.

WHERE: Westfield Stratford City, East London.

WHEN: Thursday April 2. WHO: Kelly Brook.

LOWDOWN: Looking stunning in a double denim outfit and trainers – naturally! – actress and model Kelly, who is the face of Skechers, jetted back to the UK to launch the brand's latest high-tech shoes.

OK! COMPETITION-

WIN A HOLIDAY TO FUERTEVENTURA

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You can find the range of Neutradol a chance to win a holiday to Barbados at www.neutradol.com.

Terms & Conditions: The winner and their partner will receive return flights from main UK airports to Fuerteventura, transfers and a week at the Barcelo Castillo Beach Resort in a one bedroom apartment. The trip must be talkpol by 31st March 2016 and excludes Bank Holldays and the Christmas period and is subject to availability of flights and accommodation as purchased by the agent supplying the holiday on any particular date. Travel to UK airports or incidental expenses are not included. There is no cash or other alternative to the prize stated and the prize is not transferable and no part or parts of the prize may be substituted for other benefits items or additions. Prior to departure the winner must purchase comprehensive travel insurance either from the agent supplying the holiday or through their own source.



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A GREAT NIGHT AT THE BALLET

WHAT: The Great Gatsby VIP opening night.
WHERE: Sadler's Wells Theatre, London.

WHEN: Tuesday March 24.
WHO: Sir Ian McKellen, Richard
Wilson, David Baddiel, Gizzi
Erskine and Fay Ripley were just
some of the stars who attended
the glitzy dance production.
LOWDOWN: The Northern
Ballet's version of F Scott
Fitzgerald's classic was deemed
a roaring success by all those who
attended the opening night as the
stars of the show mingled with
VIPs at the exclusive after-party.





Above: David Baddiel and Fay Ripley. *Top:* Olivia Grant and Gizzi Erskine





Above: Peter Beadles and Nigel Lingard. Top: Lemar. Top right: Jane Putley and Jeremy Dickinson



CRUISING!

WHAT: Reader Offers Ltd 20th anniversary party.
WHERE: Searcys at The Gherkin.
WHEN: Thursday March 26.
WHO: Celebrities including Jennie
Bond and the who's who of the cruise industry came together to celebrate ROL's milestone 20 years

LOWDOWN: Guests enjoyed canapés, champagne and cocktails while taking in panoramic views of London.

in business.



Above: Jennie Bond. Right: Mel Childs and Karen Hall. Top right: Andy Charlton, Ben Bouldin and Vincent Sitwell





MUSIC

'THE MAGIC WHIP'



Blur's first album in 12 years and the eighth offering from the band can only be described as a brilliant comeback. The Magic Whip, which the group have said was thrown together in five days in

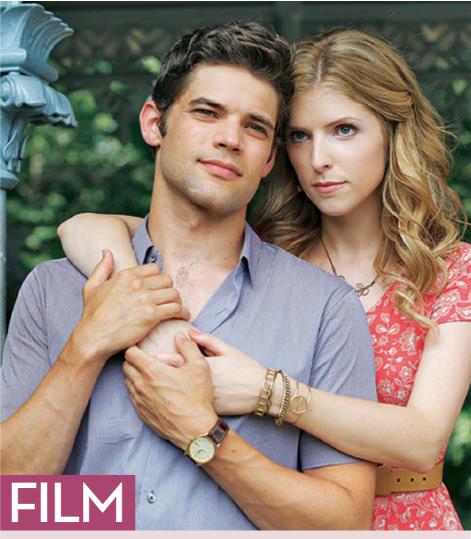
a Hong Kong studio, manages to retain the band's original identity while also sounding polished despite the haste in which it was made. There Are Too Many Of Us and I Broadcast are certainly the more classic Blur tracks that remind you of their heyday, while Lonesome Street is one of the more upbeat offerings. Ultimately, whether you're a Blur fan or not, this album is definitely worth a listen. KH **** OUT APRIL 27

HOT TICKET!

INNOCENT UN-PLUGGED

With our phones buzzing at our sides 24 hours a day, it's increasingly hard for us to ever switch off. Innocent, however, has come up with a solution. On May 23 and 24, the smoothie giant will take over a secret woodland location in Kent for Innocent Unplugged. WiFi, 3G and traditional electricity will be replaced by laughter yoga, a morning glory rave and a magical forest banquet. With headline acts including Norman Jay and Mr Motivator, this unorthodox weekender is not to be missed. KLF





'THE LAST FIVE YEARS' (12A)

fter Pitch Perfect and Into The Woods, Anna Kendrick is on a roll with musicals. This latest stage adaptation casts her as Cathy, an aspiring actress who meets and falls for handsome writer Jamie (Jeremy Jordan). The film charts the progress of their relationship through song, but with a twist – all of Cathy's songs begin at the end of their marriage, while his start when they first meet. It's a slightly confusing format but the stars have big voices and charm to spare – and, as Jamie's career takes off, this has plenty to say about the effect of success on relationships. One for musical fans. As ***** OUT FRIDAY



THIS WEEK'S TELLY PICK

'GIVE A PET A HOME' ITV, WEDNESDAY APRIL 15, 8pm

ot only is Amanda Holden back as a judge on Britain's Got Talent, she's also hosting a new show. Give A Pet A Home will see celebrity volunteers including Peter Andre, Coleen Nolan, Kimberly Wyatt and Julian Clary embark on a mission to find the abandoned animals of Newbrook Farm Animal Centre in Birmingham a loving new home. The crack team of stars will be responsible for the animals' day-to-day needs, including feeding, mucking out and emergency callouts, as they team up with RSPCA experts to try and rehome six new animals every week. Heart-warming telly at its cute and furry best. BB

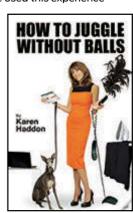
BOOK

'HOW TO JUGGLE WITHOUT BALLS'

BY KAREN HADDON

Karen Haddon was 16 when she was raped at knifepoint. Her book gives an inspirational account of how she used this experience

to gain strength in overcoming life's hardest challenges. From dealing with the attack, being a single mum and saving the family business, her moving story tells how her refusal to be labelled a victim helped her achieve success in both business and her private life. CT ★★★★☆ OUT NOW



CELEBRITY HOTSPOT



PANACEA, MANCHESTER

WHO GOES?

Hollyoaks

stars like

Franks

Jorgie Porter

and Jazmine

have been

enjoying a

night out

Linited

at the club.

Manchester

spotted

WHAT IS IT?

After closing its doors in January for a refurbishment, Panacea has reopened with a new swanky feel – think mood lighting and a colour palette of deep. rich colours. The club, which first welcomed guests back in 2005, is located on Manchester's John Dalton Street and is a stone's throw from the city centre. And you don't need to worry about being cramped in a small space all evening, as the new bar area has plenty of room to groove!

WHY DO WE LOVE IT?

The club's weekly Playhouse Friday and themed events are legendary. The latest one took place at the start of April and was called The Cuckoo's Nest, with guests wearing dazzling feathers to gain entry! Music is literally at the centre of the club, with the DJ booth situated in the middle of the bar. Oh, and not to mention the wonderful array of cocktails.



pre-dinner drinks to a night out with friends or date night, with plans to introduce more

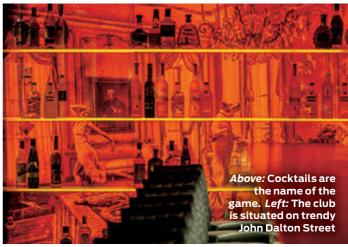
clubbing nights, too. Panacea is in the city's fashionable shopping district, making it the perfect spot for anyone who wants to show off a new ensemble with an evening on the town! OK!

CALL PANACEA ON 0161 833 0000 AND SEE WWW.FACEBOOK.COM/ PANACEAMANCHESTER.



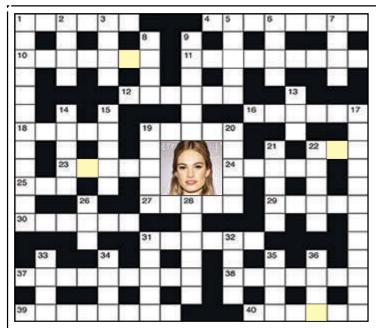
footballer Adnan Januzaj and The Real Housewives Of Cheshire's Magali Gorré made an appearance to celebrate the re-launch alongside model Charlotte Dawson.







OK! CROSSWORD AND COMPETITION



ACROSS

1 Veteran Rolling Stone, Sir Mick — (6)

4 Lady Victoria Hervey's socialite sister (8)

10 TOWIE star and father of two, Dan - (7)

11 Aptly named record-breaking

Jamaican sprinter (5,4) 12 — Cotton, recently departed

from Radio 1 (6) 16 Micky -, one of The Monkees (6)

18 Chat show hostess, — Winfrey (5)

19 Ashes To Ashes star, Keeley — (5)

22 — Pasquale, squeaky-voiced English comedian (3)

23 (and 40 Across) US artist behind True Colors and Time After Time (5,6)

24 First female winner of *The X*

Factor, - Lewis (5) 25 Mr Jennifer Saunders, -

Edmondson (3)

27 — Purves, Radio 4 presenter (5)

29 British rapper, Professor — (5)

30 Kylie Minogue's sister (6)

31 Marc —, fashion designer (6)

37 — Hawkins, Good Morning Britain co-presenter (9)

38 Tom —, famed for starring in Magnum PI in the '80s (7)

39 Brazilian Victoria's Secret model, Alessandra - (8)

40 See 23 Across

DOWN

1 Pianist and bandleader (5,7)

2 Barry -, founder member of the Bee Gees (4)

3 George —, British recording artist (4)

5 — Warne, retired cricketer (5)

6 U2 vocalist (4)

7 Cinderella star — James, pictured (4) 8 Richard —, appears in The Second

Best Exotic Marigold Hotel (4)

9 Lisa — Phoebe Buffay in Friends (6)

13 Tramar Dillard's alias, — Rida (3) 14 Celebrity Big Brother winner,

Katie - (5)

15 British thespian, Julian —-Tutt (5) 17 My Family actress (3,9)

19 27 Dresses star, Katherine — (5) 20 Wife of the House of Commons

speaker. — Bercow (5)

21 Derek —, dancer who has worked with Cheryl Fernandez-Versini (5)

22 Jermaine Jackson's voungest sister (5)

26 Scissor Sister, — Matronic (3)

28 Tennis legend, Boris — (6)

31 The Expendables actor (3,2)

32 — Philipps, Freaks And Geeks and Dawson's Creek actress (4)

33 Radiohead frontman, - Yorke (4)

34 — Laine, jazz singer (4)

35 — Kurylenko, played a Bond girl (4)

36 Spandau Ballet founders,

brothers Gary and Martin - (4)

WIN A RACE FOR

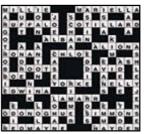


We're offering a lucky reader the chance to win a Race For Life goody bag, complete with limited edition Harry Rocks dog tag – as modelled by Neon Jungle (above) – Mii Cosmetics cheek colour, Jessica Nails Custom Colour in Color Me Calla Lily and a Race For Life training kit and accessories! The reader will also win a £200 Harry Rocks voucher. For more information on Race For Life visit www.raceforlife.org.

For your chance to win, tell us the mystery word made up of letters in the highlighted squares. To enter, call 0904 160 0660 and leave your answer and details, or text **OKCROSS** followed by a space, your answer, name and address to 87088, or send your completed grid to: OK! Crossword Issue 977, PO Box 12579, Sutton Coldfield **B73 9BU. Competition closes** April 20, 2015 at 23.59 (three days later for postal entries). Winner selected at random from correct entries received before close, Calls cost £1.53 plus network extras. Texts cost £1.50 plus your standard network rate (service provider Spoke, 0333 202 3390).

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ISSUE 976 ANSWERS



NORTHERN & SHELL GENERAL COMPETITION RULES AND GUIDELINES

NORTHERN & SHELL GENERAL COMPETTION RULES AND GUIDELINES

I. No purchase necessary. The competition is open to all readers over 18 years of age and resident in the UK, unless otherwise specified. 3. Lost, incomplete, illegible or late entries will not be accepted. 4. Employees of Northem & Shell Pic or its associated companies and their families or agents or anyone connected with the competition, are not eligible to enter. 5. Winners agree to cooperate with the magazine for publicity purposes, to include the publication of their names and any photographs in the announcement of the result in the magazine and any other post-publicity events. 6. Winners will be notified by post. 7. The name of the winner will be available upon written request on the provision of a stamped, self-addressed envelope. 8. The editor's decision is final. Winners will be invalidable upon the to causes beyond our control, a similar prize of greater or equal value will be abustituted. No cash atternative is available. 10. Copyright in entries received is assigned by participants and shall belong to Northern & Shell Pic. Entries will not be returned.

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It's nice to feel flush with extra money coming in - just resist the urge to spend it all on Tuesday! Midweek's best for official matters important paperwork and getting advice. On Wednesday, a romantic rendezvous is starred. STARLINE: 0907 181 2959 (01)



Life is hectic this week but with active and uplifting stars gathering in your sign, you're guaranteed to shine with charm and star appeal. Home affairs are tricky on Tuesday. When broader horizons beckon, you're happy to go! STARLINE: 0907 181 2959 (02)

MGEMINI

This week brings a rare chance to stand still and take stock. From Monday, your private life grows richer and full of anticipation. Wednesday's encounter lifts your spirits and financial plans taking shape now look promising. STARLINE: 0907 181 2959 (03)



CANCER

You're working hard to make connections, to spread the word and get yourself known. Now it's gratifying that your expertise is sought after. Financially, negotiations are tricky but by Wednesday that goal is within your grasp. STARLINE: 0907 181 2959 (04)*



LEO

Your day-to-day routine is in for some beneficial changes. Roll up your sleeves and get stuck in while your enthusiasm is this high. On Wednesday, when romantic Venus and lucky Jupiter light up your personal skies, you'll reap rewards. **STARLINE: 0907 181 2959 (05)***



VIRGO

AUGUST 24 -SEPTEMBER 23

It's time to stop all that soul-searching Lav your spade aside if you've been digging up the past; put your calculator down if you've been focused on finances; step out into the sunlight. By midweek you're free as a bird! STARLINE: 0907 181 2959 (06)

MI LIBRA

You have a busy and expensive week with redecorating projects and works to your property. But if planning a move, midweek could lead to a lucky find. Socially, too. life is full. Wear sensible shoes and protect

vour feet! STARLINE: 0907 181 2959 (07)*



A starburst of energy focusing on partnerships turns your attention to friends, companionship and love. Despite early reservations, it's a week for new encounters, deeper understanding and good fortune. Now a new chapter begins STARLINE: 0907 181 2959 (09)*

SAGITTARIUS NOVEMBER 23 -

Life is clicking into place. You're now sailing ahead and, whether it involves friends, work or love, things haven't been this promising in ages. Being prepared on Tuesday ensures vou won't let Wednesday's opportunity slip by. STARLINE: 0907 181 2959 (09)

CAPRICORN DECEMBER 22 -

Joint finances are favourably highlighted. When Venus harnesses her energy with gift-bringer Jupiter midweek, she attracts good fortune to you. You're in an adventurous mood and it's been a while since you looked or felt this good. **STARLINE: 0907 181 2959 (10)***

AQUARIUS

You've been ploughing your efforts into home and family for some time. If partners don't agree with your plans, bide your time. They'll come around by Wednesday when Venus, goddess of love, lights up your romantic skies. STARLINE: 0907 181 2959 (11)*



Take a tour around your neighbourhood or go and explore a different area. They say all the world's a village. If you're hungry for a new interest, adventure, variety or romance, you may not have very far to go. STARLINE: 0907 181 2959 (12)



OUR ASTROLOGER TELLS YOU ALL YOU NEED TO KNOW ABOUT YOUR WEEK AHEAD!

*CALLS TO THE STARLINES COST 77PPM FROM A BT LANDLINE

For Lori's Starline select your zodiac number (in brackets under each star sign). Calls to the Starlines cost 77p per minute from a BT landline plus network extras. Entertainment only. Subscribe to daily astro texts for 50p plus standard network charges per message per day. This is a subscription service, to unsubscribe at any time send STOP to 87080. For help, call 0333 202 3390.

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TAROT READINGS 0906 150 5848

Our psychics use tarot cards to give you a personal reading

TEXT A PSYCHIC standard network charge.

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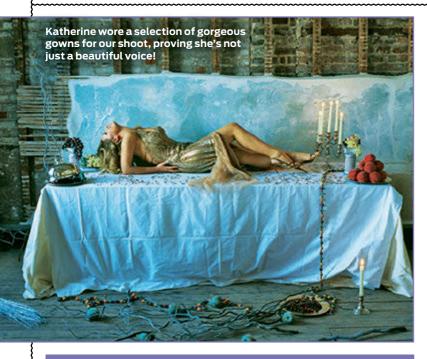
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ISSUE 501 - JANUARY 3, 2006

OPERA STAR KATHERINE JENKINS ON GOING FROM TEACHER TO CHART-TOPPER AND HER FIRST TIME SINGING FOR MILLIONS

ust over ten years ago, stunning Welsh songstress Katherine Jenkins, then 24, made her first appearance on the music scene with debut album Premiere. Since then, the mezzo soprano – who married New York-born artist, director and actor Andrew Levitas in September 2014 – has become one of the world's biggest-selling opera singers.

When OK! spoke to Katherine in 2006, the star recalled how she transitioned from a teacher to a major recording artist. 'I almost didn't believe it and it wasn't until I signed the contract that I thought it was going to happen,' she recalled, adding: 'I kept teaching all the way through and the kids would bring in newspaper cuttings, saying: "You're in the paper, Miss!""

Despite being 'thrown in at the deep end', Katherine embraced her new career, recalling: 'That was the first gig after signing the record contract - I was singing at the Rugby World Cup with 73,000 people in the stadium and millions watching at home. I was stressed and

having nightmares, but as I walked out, the crowd were singing Delilah by Tom Jones, and for some reason, it made me feel at ease. I just thought to myself that I'd dreamed of doing it, so I should enjoy it!'

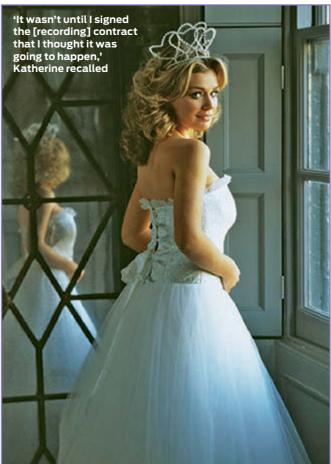
But that wasn't the only big gig Katherine had – she also performed at Live 8 in 2005. Remembering the atmosphere surrounding the event and her feelings at the time, Katherine, who embarked on her Home Sweet Home nationwide tour earlier this year, said: 'I so didn't expect to be involved, and to be asked to perform in Berlin was amazing because it was mainly rock artists. There were all these men walking around in black clothes with their black eyeliner on and there was me in the most colourful dress you've

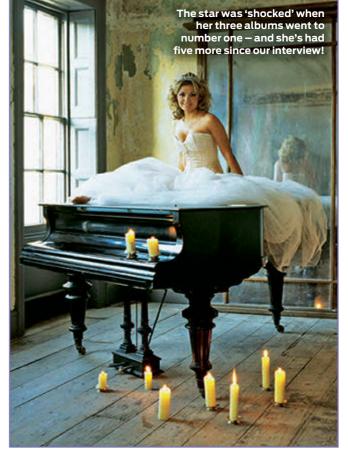
ever seen! I was worrying I was going to forget the words and knew it would be a disaster if I did because there were five million people watching.'

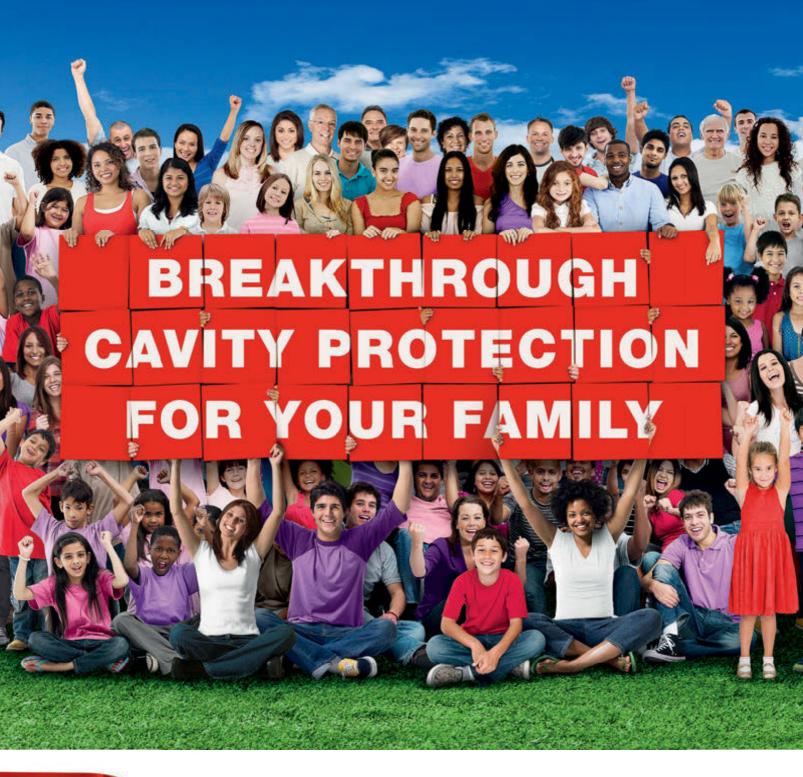
While it's clear that Katherine oozes talent, the star admitted at the time that she was 'so shocked' when three of her albums went to number one! OK!

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